

Ohio Race Walker
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OHIO RACEWALKER



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LAIRD ENDS LONG DRY SPELL WITH SR. 25 TITLE

Seattle, March 23--Ron Laird completely dominated the field while walking a rapid 1:56:38 to win today's NAAU Senior 25 Km Race Walk at Greenlake. This was Ron's 57th Senior title but his first since he won this same race in September of 1971.

With 18 walkers on hand, the race was held on a flat and fast 5 km loop. The weather was near ideal with no wind or sun and cool to chilly temperatures. As expected, NYAC teammates Laird and John Knifton shot into an early lead and went through the first lap in 22:55, nearly 2 minutes clear of third place Bill Ranney. At this point, Knifton received a warning and backed off leaving Laird all to himself.

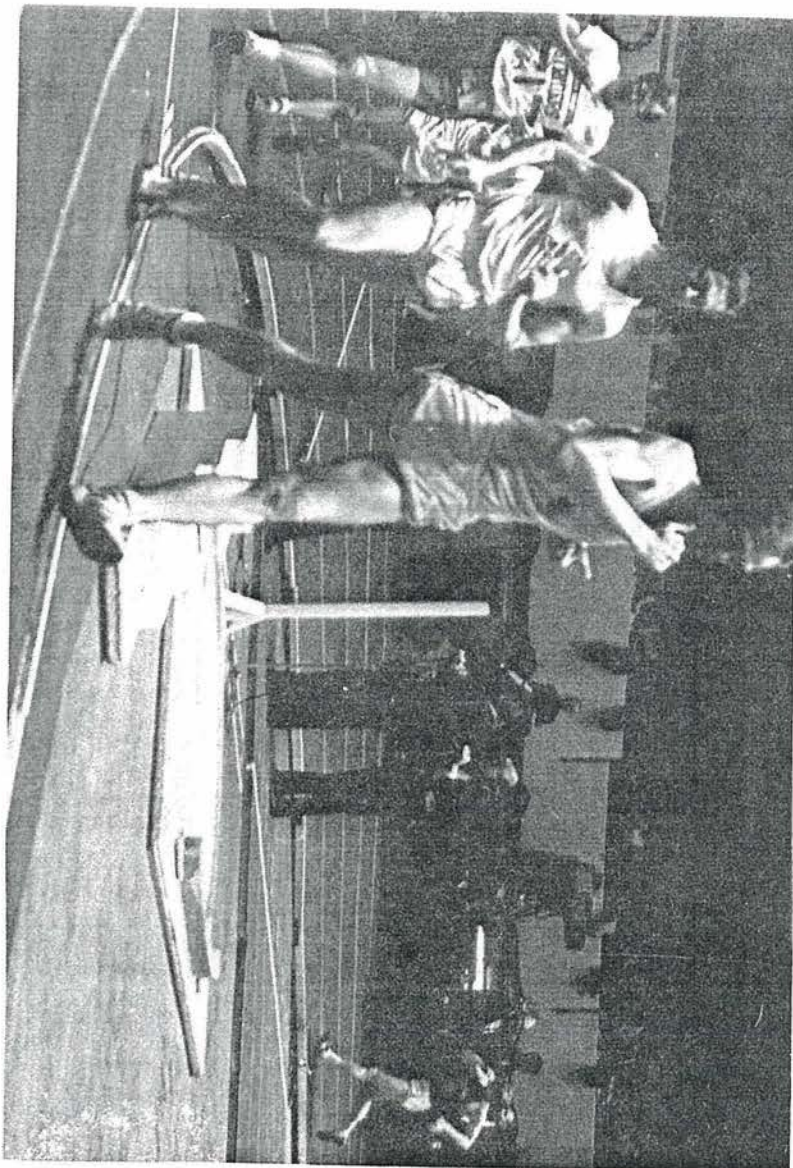
Ron kept right on charging through lap times of 46:00, 1:08:45, and 1:31:50 where his strength started to go and he too was given a warning. He eased off from there, but was still under 25 for the final lap to record his excellent time.

With Knifton slowing way down from his initial start, Ranney moved to within 1:15 of him at 15 km but John responded by picking up his pace on the next lap and extended the margin to 2 minutes at the finish. Ron Kulik just half off Bob Rosencrantz to capture fourth as Rosencrantz paced himself well in moving past Steve DiBernardo and J. A. Bean on the final lap. These two had a tight race all the way and DiBernardo continues to look like a real prospect. Results:

1. Ron Laird, NYAC 1:56:38 2. Dr. John Knifton, NYAC 2:05:13 (22:55, 48:30, 1:14:30, 1:32:30) 3. Bill Ranney, Golden Gate TC 2:07:12 (24:40, 49:50, 1:15:25, 1:41:20) 4. Ron Kulik, NYAC 2:08:23 (25:30, 51:05, 1:17:05, 1:42:20) 5. Bob Rosencrantz, U. of Wash. 2:08:28 (25:45, 51:45, 1:17:20, 1:43:00) 6. Steve DiBernardo, Fialto Roadrunners 2:08:57 (25:45, 51:05, 1:17:10, 1:42:35) 7. Jim Marmouth TC 2:10:00 (25:35, 51:05, 1:16:50, 1:43:40) 8. Wayne Glucker, WVTC 2:15:18 9. Bob Frank, Marmouth TC 2:24:37 10. Pete Parko, Snohomish TC 2:25:00 11. Evan Skull, STC 2:28:57 12. Craig Jones, STS 2:33:17 13. Howard Austin, Glacier TC 2:33:27 14. Scott Kessinger, Marmouth TC 2:41:35 15. Dan Pierce, U. of Wash. 2:49:00 16. Don Jacobs, Portland TC 2:54:40 Judges: Martin Rudow (Head), George Edwards, Craig Young, John Sherrill.....Laird's title was his ninth at this distance, others having come in 1958, 1961, 1963, 1965, 1966, 1967, 1969, and 1971. His other titles have included 7 at 20 km; 6 at 1 Hour, 15, 30, and 35 km; 5 at 40 km; 4 at 2 Miles; 3 at 1 Mile and 10 km; and 2 at 50 km. Before this long dry spell he had won at least one title a year since 1958 with his best years being 9 in 1969, 8 in 1967, and 7 in 1965.

FIRST CLASS MAIL

Ron Daniel leads Ron Laird, Larry Walker, and Todd Scully with about 400 yards to go in the NAAU Indoor 2 Mile. Ron Kulik was also close but is hidden by Laird. Dave Rumansky is seen around the curve struggling to regain contact. (Photo from Don Johnson)



WALKER BETTERS U.S. 50 MILE MARK

That's not just a walker but one Bill Walker of Detroit. On March 23, he took off on the Grosse Pointe North High School Track for 200 laps and 8 hr 37 min 57.5 sec. later had himself a brand new record. His effort bettered John Kelly's old mark of 8:47:17. Bill passed 25 miles in 4:19:40, so walked the second half slightly faster. Other splits were 50 Km in 5:21:14 and 75 Km in 7:59:44.6. Apparently the only other competitor was Leon Jasionowski who stopped at 20 miles in 3:29:16.

RESULTS, RESULTS, RESULTS

5.5 Mile, Lowell, Mass., Feb. 23—1. Mike Regan 48:58 (actual time in handicap)—2. Dennis Slattery 45:10 3. Tony Madeiros 49:15 4. Keith Ryan 46:45 5. Sig Podlozny 63:00 6. Fred Brown Sr. 63:30 7. Peter Ansara 66:45 8. George Lattarulo 55:15 5.5 Mile, Lowell, March 5—1. Sig Podlozny 57:59 2. Tony Madeiros 48:32 3. Mike Regan 48:48 4. Dennis Slattery 46:03 5. Fred Brown Sr. 62:10 6. Keith Ryan 47:13 7. Peter Ansara 68:25—Have you ever wondered in reading these results what kind of sandbagger this Podlozny is as his times on the same course fluctuate up to about 2 minutes a mile from week to week. Well, here is what Fred Brown says: "Siggy did it again. This guy is a real character. A likeable rogue that we all are wise to. Age 58. Next week I will start him 2 minutes behind me and likely will beat him by 10 or 15 minutes. He will go grunting and groaning on this back and forth course and swear that he did his very best. A half hour before the walk he ate a pound of fried shrimp and drank a can of beer. Next week if I can afford it, I will try the same thing. Sig has worked at Western Electric for 28 years and has never missed a day or been late. He has 67 pair of running shoes in the original boxes that he has never worn and expects to live to wear them all out. He has all his original teeth. He runs and walks better than 150 races a year." 5.5 Mile, Lowell, March 12—1. George Lattarulo 60:13 2. Dennis Slattery 44:23 3. Keith Ryan 45:59 4. Tony Madeiros 48:34 5. Mike Regan 49:15 6. Fred Brown Sr. 62:22 7. Sig Podlozny 64:07 (Right on, Sig baby!) 7.5 Mile, Cambridge, Mass., April 2—1. David Jolliff 77:43 2. Francis Lamer 69:15 3. Dennis Slattery 61:58 4. John Spinney 68:45 5. George Lattarulo 66:34 6. Tony Madeiros 69:02 7. Mike Regan 69:40 8. Keith Ryan 66:55 9. Jim Regan 71:05 10. George King 85:42 11. Fred Brown Sr. 86:45 12. Sig Podlozny 97:00 13. Pete Ansara 100:01 14. Buddy Slattery 100:10 5.5 Mile, Lowell, April 9—1. Steve Robman 45:40 2. James Regan 49:00 3. George Lattarulo 47:35 4. Dennis Slattery 44:38 5. Mike Regan 47:46 6. Keith Ryan 46:54 7. Tony Madeiros 50:21 8. Peter Ansara 64:12 9. Fred Brown Sr. 64:13 10. Sig Podlozny 66:32 11. Buddy Slattery 71:30 5 Km Race, Trinity College, Conn. (Indoor): Open—1. Bruce Douglas, un. 26:23 2. Bruce MacDonald, un. 26:45 Conn. AAU—1. Jack Boitano, Stratford Spartans 25:03 (state record) 2. Mike Segal, SS 30:08 3. Dave Maylum, Coast Guard 30:10 4. Ned Hawkins, un. 31:26 Women's—1. Mary Hart, Police Athletic League 29:20.7 2. Judy Salkoski, Gateway TC 33:57.6 3. Gloria Mauro, un. 35:22.4 20 Km, Long Branch, N.J. March 16—1. Bob Felciola, Shore AC 1:41:55.5 2. Hank Klein, Virgin Islands 1:45:19 3. Bob Mimm, Penn AC 1:45:33 4. Alex Turner, Lakewood HS 1:57:35 5. Don Johnson, Shore AC 2:00:45 6. Bill Hakulich, Penn AC 2:02:55 7. Mark Ruscher, Brick Twp. HS 2:04:16 8. Fred

Spector, Shore AC 2:05:06 9. Alan Wood, Shore AC 2:11:45 10. George Garland, Shore AC 2:14:46 (15 finishers) 20 Km (Track), West Long Branch March 22--1. Dave Romansky, Shore AC 1:34:47.5 (7:03, 14:26, 46:24 at 10 Km, 1:15:34 at 10 miles) 2. Bob Falciola 1:42:25 3. Todd Scully, Shore AC 1:45:30 (7:07, 14:37, 46:51 before folding with only 3 hours sleep the previous two nights) 4. John Fredericks 1:50:59 5. Don Johnson 1:58:49 6. Fred Spector 2:05:33 (Ron Daniel 32:12 at 4 miles did not finish) N.J. AAU Indoor 2 Mile, Princeton, March 23--1. Dave Romansky 13:31.4 2. Todd Scully 13:51.4 (6:45 at mile for both) 3. John Fredericks 14:51.8 4. Bob Falciola 15:23.3 5. Don Johnson 17:05 6. Roger Barr 17:30 7. Mark Rauscher 17:57 8. Al Ippoliti 17:57 9. Fred Spector 18:0 10. Ted Cash 19:07 (Judges: Daniel, Derman, Kalb, and Fye) 10 Mi, Asbury Park, N.J., April 6--1. John Knifton, NYAC 1:17:30.8 2. John Fredericks, Shore AC 1:21:31 3. Dennis Slattery, Lowell Boy's Club 1:22:10 4. James Murchie, LIAC 1:24:06 5. Ron Kulik, NYAC 1:25:18 6. Keith Ryan, Lowell 1:25:19 7. Bob Mimm, Penn AC 1:27:44 8. Roy Fay Floriani, Shore AC 1:27:59 9. George Lattarulo, N. Medford Club 1:29:10 10. Steve Rezman, NAC 1:29:11 11. Mark Zacharias, Shore AC 1:30:38 12. Bill Hamlin, Shore AC 1:30:53 13. Don Johnson, Shore AC 1:31:06 14. Tony Medeiros, NAC 1:31:10 15. Mike Regan, Lowell 1:32:18 16. John Spinney, Lowell 1:33:38 17. Bruce MacDonald, NY Pioneer Club 1:34:25 18. Roger Barr, Shore AC 1:35:06 19. Jim Rogan, Lowell 1:35:41 20. Bill Chelchenko, NYPC 1:36:07 21. Fred Spector 1:36:20 22. Mark Rauscher, Shore AC 1:37:43 23. Cliff Mimm, Penn AC 1:39:27 24. Bob Carlson, Shore AC 1:40:17 25. Bill Bakulich Penn AC 1:40:32 26. Al Ippoliti, Shore AC 1:44:30 27. Marcus Boatwright 1:45:02 28. Carl Anderson 1:49:14 29. Dr. Daniel Marzono 1:54:54 (but he is 30th) 29. Bill Lloyd 1:49:15 31. John Finn 1:57:52 32. Joe Santarsiero 2:02:19 33. John Ansara, Lowell 2:08:19 34. Bud Slattery 2:16:36 2 Mile, Detroit, April 2--1. Bill Walker 16:41 2. Matt Szczesiul 19:20 3. Don Finney 21:25 4. Bob Stewart 22:20 Women's 1 Mile, same place;; 1. Sandy Almeranti 12:08--all but Walker were in first race 2 Mile, (Indoor), Chicago, March 15--1. Fred Kuhn 16:33 2. Dan Fitzpatrick 16:39 3. Art McLendon 20:15 Central AAU 1 Mile Champ., Chicago, March 29--1. Dan Fitzpatrick, Green & Gold AC 7:46 2. John McCormick, G&G 8:33.4 3. Frank Levy, Old Town Harriers 9:04 4. Herbert Davis, Harvey TC 9:13 5. Art McLendon, UCTC 9:46 2 Mile, LaCrosse, Wis., Feb. 8--1. Fred Kuhn, U. of Wis.-Stout 16:58.5 2. Niehaus, Steven Point 17:09 3. O'Connell, LaCrosse 17:30 4. Malek, LaCrosse 17:34 2 Mile, Menomonie, Wis., March 9--1. John VanDenBrandt, un. 15:34.5 2. Fred Kuhn, G&G 16:07 3. Dennis Anderson, River Falls 16:18.5 4. Paul Niehaus, Steven Point 16:50 5. Kevin Baker, Eau Claire 17:03 2 Mile, LaCrosse, Feb. 22--1. Bill Hamilton Whitewater 15:44.9 2. Fred Kuhn, Stout 15:49.4 3. Chris O'Connell, LaCrosse 16:12 4. Dennis Anderson, River Falls 16:16.4 5. Paul Malek, LaCrosse 16:23 6. Kevin Miller, Whitewater 21:35 2 Mile, River Falls, Wis., March 15--1. Dennis Anderson 16:19.9 2. John Moody, River Falls 16:34 3. Kevin Baker 17:27 4. Kris Carsen, River Falls 17:38 2 Mile, River Falls, March 25--Fred Kuhn 15:21.7 2. Dennis Anderson 15:51 3. John Moody 17:50 2 Mile Exhibition, Wis. State Univ. Champ., March 22--1. Bill Hamilton, Whitewater 15:29.4 2. Fred Kuhn, Stout 15:53.9 3. John Moody 16:06.6 4. Jeff Mozanec, Platteville 16:34.6 5. Paul Niehaus, Stevens Point 16:45 6. Paul Malek, LaCrosse 17:06.5--this will be a scoring event in their outdoor meet. Wis. AAU 1 Mile, Whitefish Bay, 1. Jim Heiring 6:49.9 2. Mike DeWitt 7:01.9 3. Chris Hansen 7:14.4 4. John VanDenBrandt 7:14.9 5. Chris O'Connell 7:21.3 6. Paul Malek 7:43.5 7. John Dick 8:58.9 2 Mile, Stevens Point, Wis., April 12--

1. Jim Heiring 14:37.7 2. Mike DeWitt 15:02.4 3. Bill Hamilton 16:26.6 4. Chris Hansen 15:36.5 5. Chris O'Connell 16:06.8 6. Paul Niehaus 16:18.7--10 starters, 2 DQ's 2 Mile, Kenosha, Wis., April 19--1. Jim Heiring 15:04.6 2. Mike DeWitt 15:13.8 3. Bill Hamilton 15:22.6 4. Chris Hansen 16:15.6 5. Larry Larson 16:58.4 6. Kevin Miller 20:58.4--steady wind of 30 mph made it a bit difficult to stay on the track let alone walk fast--These results show a real proliferation of the sport up in dairyland, which is for the good. Unfortunately, according to one source, an accompanying problem has been lack of judging. As suggested in these pages a couple of months ago, this is going to be a continuing problem as walking spreads in the schools and colleges and there is no ready answer. If the interest is there, you have to have the races to keep it going. And where mostly experienced walkers are involved, I think you can have fair races, obviously not record races, without judges but with the walkers controlling each other. However, without a judge, it is difficult to convince a novice that his style is unfair, particularly if he is in a challenging position. His reaction will be that you are afraid of the competition. So, if no judges are available, maybe the walkers have to be willing to take turns laying out of races, the experienced ones that is, and do the judging themselves. This is one possible answer, anyway. Obviously, in the meantime you try to recruit some people willing to learn to judge. 3 Mile, Columbia, Mo., March 8--1. Augie Hirt 23:10 (7:32, 15:25) 2. Leonard Bisen 27:03 3. Dave Luthold 27:27 4. Rob Spier 30:11 6 Mile Walk-Run Relay, Columbia, Mo., March 22--1. Randy Mimm (7:20, 7:46, 8:03) and Dennis Stewart (4:39, 4:49, 4:55) 37:27 2. Augie Hirt (7:24, 7:33, 7:24) and Tom Hinkley (5:23, 5:36, 5:30) 38:50 3. Al Schrik (7:50, 7:47, 7:41) and Don Lewis 4:59, 5:22, 5:18) 38:57 4. Leonard Bisen (8:11, 8:39, 8:47) and Dick Hessler 41:21 5. Dave Luthold (8:45, 8:57, 8:52) and Turk Storvick 43:46 6. Jim Breitenbacher (8:07, 8:55, 8:54) and George Held 44:05--10 teams. 1 Mile, Krakow, Ia., April 11--1. Randy Mimm 7:28.6 2. Jim Breitenbacher 7:54.3 3. Jim McFadden 8:04.1--McFadden had only 2 minutes rest after running a 4:40 mile, so he was giving away a little 3 Km (Indoor), Boulder, Col., March 15--1. Floyd Godwin 14:31.4 2. Mike Young 16:22 2 Km, U. of Cal. Relays, April 11 (28 F, snow, slight wind)--1. Jerry Brown 13:48.4 2. Floyd Godwin 14:52.4 3. Chris Amoroso 15:47 4. Mike Young 15:52 5. Chuck Hunter 16:35.9 3 Mile, Longmont, Col., April 13--1. Floyd Godwin 24:02 2. Chris Amoroso 25:25 (1st over 40 Div) 3. Chuck Hunter 27:03 (1st 30-34 Div.) 4. Joe Manning 28:45 (2nd over 40, first race in 2 yrs) SPAAU Women's 10Km, Valencia, Cal., March 29--1. Linda Brodock 54:51 2. Cindi Johnson 56:15 3. Lisa Bethery 57:04 4. Terri Teegarden 58:11 5. Jane Janousek 59:45 6. Sheila Thomsen 60:43 7. Jaydee Folkens 60:53 8. Karlene Waskow 62:17 9. Melissa Johnson 63:37 10. Leslie Young 65:35 11. Mary Papandrea 68:34--25-40 mph winds Girls 13 and under 3 Km, same place--1. Vickie Cook (10) 15:55.9 2. Jessica Waskow (12) 16:04.4 3. Becky Vallalvazo 16:33.6 4. Charlene McGinley 16:48.8 5. Chris Ramirez 17:00.6 6. Shelly Quintana 17:15.4 7. Tracy Trico 17:51.4 8. Megan Bernyesz 17:57.4 9. Becky Gomez 18:05.6 10. Andrea Johnson 18:14.4 Girls 11 and under 1 Mile, Carrizos, Cal., April 5--1. Vickie Cook 8:07 2. Chris Ramirez 8:23 3. Shelly Quintana 8:31.8 4. Lynn Holmbeck 8:38.5 5. Andrea Johnson 9:09.2 15 Mile, Corona, Cal., March 22--1. Ron Laird 1:57:00 (note that this was the day before the 25 Km in Seattle) 2. Ed Bouldin 2:20:00 3. Bob Long 2:42:08 4. Hal McWilliams 2:42:12 10 Km, Los Angeles, April 19--1. Larry Walker 46:38 2. Ron Laird 47:22 3. Steve DiBernardo 49:35.1 4. Carl Swift 59:54 5. Bob

Hickey 53:04 6. John Kelly 54:42 7. David Hall 56:10 8. Richard Quist 58:24 9. Hal McWilliams 60:41 10. Marty Lipstein 71:02 11. Larry Avilas 71:04 Boy's 10-11 1 Mile, same place--1. Steve Bentley 10:52.1 2. Eric Jonke 12:01.4 Boy's 12-13 2 Mile, same place--1. Travis Veon 19:04 2. Greg Bentley 19:11 3. Pat Quinlan 20:07 Boy's 14-17 2 Mile--1. Mike Dambroski 17:46 2. Leonard Burkhead 17:57 5 Mile, Haysmouth, Ore., April 12--1. Jim Bean 39:45.2 2. Rob Frank 39:54 3. Scott Massinger 45:34 4. Don Jacobs 52:25 2 Mile, Mt. Hood Relays, Cresham, Ore., April 19--1. Jim Bean 14:55.4 2. Rob Frank 15:01.7 3. Doug Verlander 17:00.8 4. Scott Massinger 17:40.7 5. Don Jacobs 19:42 5 Km, Seattle, Feb. 28--1. Bob Rosencrantz 25:15 2. Dick Arkley 27:05 3. Steve Geisler 27:45 FMV AAU 20 Km, Snohomish, Wash., March 8--1. Jim Bean 1:41:03 2. Bob Rosencrantz 1:43:12 3. Dean Ingram 2:17:58
Ontario 50 Km Championship, Downsview, April 13--1. Pat Farrelly 4:28:50 2. Alex Oakley 4:34:17 3. Roman Olszewski 4:48:06 4. Glenn Sweazey 4:55:55 5. Helmut Boeck 5:59:09 6. Max Gould 5:12:29 7. Art Keay 6:32:00 8. Brendan Merriman 6:32:00 10 Km, Fort de France, Martinique, April 5--1. Marcel Jobin, Can. 47:30 2. Genevieve, Mart. 51:36 3. Cesar Mart. 52:12 (80 degrees) 1500 Meters (Indoor), Toronto, March 29--1. Roman Olszewski 6:21.7 2. Karl Merschenz 6:43.6 3. Tom O'Shaughnessy 9:20.2 20 Km, Toronto, April 5--1. Alex Oakley 1:41:27.7 2. Neville Conway 1:41:46.5 3. Pat Farrelly 1:43:22.5 4. Roman Olszewski 1:44:12 5. Glenn Sweazey 1:46:39 6. Karl Merschenz 1:48:23 7. Frank Johnson 1:51:15 10 Km, Aguascalientes, Mex., March 29--1. Domingo Colin 45:00.0 2. Bernd Kannenberg, WG 45:48 3. Angel Flores 45:51 3. Pedro Arcohes 46:02 4. Jan Ornoch, Pol. 46:58 5. Bob Henderson, US 47:38 6. Enrique Vera 48:31 7. Heinrich Schubert, WG 48:51
OVERSEAS
10 Mile, Southend, Eng., Feb. 22--1. Olly Flynn 72:02 2. Roger Mills 72:50 3. Steve Gower 74:34 4. Amos Seddon 75:25 10 Mile, London, March 1--1. Shaun Lightman 74:03 2. Carl Lawton 74:06 3. Bob Dobson 74:52 British FVA 10 Mile, Southwick, March 15--1. Olly Flynn 71:15 2. Brian Adams 71:58 3. Roger Mills 71:59 4. Carl Lawton 74:10 5. Bob Dobson 75:00 6. Stuart Maidment 75:04 7. Alan Smallwood 75:42 8. Paul Selby 75:55 9. Steve Gower 75:55 10. John Warhurst 76:11 (28 under 80, 71 under 85, 100th at 88:08, 166 finishers)

FORTHCOMING RACING OPPORTUNITIES HERE AND THERE 'BOUT THE COUNTRY

Wed., May 14--5 Mile, Cambridge, Mass. (W)
 Fri., May 16--1 Mile, West Allis, Wis. (Q)
 Sat., May 17--NAAU MASTERS AND OPEN 10 KM, KENOSHA, WIS. 10 a.m. (Q)
 1 Mile, Bakersfield, Cal. (V)
 Age Group Walks, Newport Beach, Cal. (V)
 Sun., May 18--Bart Life Memorial 5 Mile, Toronto (O)
 5 Mile, Des Moines, Ia., 10 a.m. (P)
 Anthony Speranza Memorial 30 Km, Westbury, N.Y., 9 a.m. (R)
 RMAAU 10 Km, Boulder, Col., 1 p.m. (X)
 10 Km Hdcp, Seattle, 1 p.m. (E)
 Wed., May 21--5.5 Mile, Lowell, Mass. (W)
 Sat., May 24--NAAU SENIOR 15 KM, CHICAGO (C)
 2 Mile, Modesto Relays, Cal. (V)

Sun., May 25--15 Km, Cedar Rapids, Ia., 7 p.m. (P)
 Zinn Memorial 10 Km, Chicago (C)
 9 Mile Hdcp., Lakewood, N.J. (H)
 Mon., May 26--5 Km, East Hartford, Conn. (B)
 Wed., May 28--5 Mile, Cambridge, Mass. (W)
 Sat., May 31--1 Mile, Long Beach, Cal. (V)
 6 Mile Hdcp, Columbia, Mo., 9 a.m. (F)
 Sun., June 1--Canadian 50 Km, Hamilton, Ont. (O)
 Region 1 AAU 20 Km, Belmont, N.Y. (S)
 Wed., June 4--5.5 Mile, Lowell, Mass. (W)
 Sat., June 7--Iowa 5 Km, Women's 1 Mile, Ankeny, 10 a.m. (P)
 Met. AAU 2 Mile (S)
 Conn. AAU 5 Km, Greenwich (B)
 SPA AAU 5 Km (V)
 Sun., June 8--NAAU SENIOR 20 KM, SAN FRANCISCO (D)
 Tue., June 10--Met. AAU and Open 10 Km, C.W. Post College (S)
 Wed., June 12--5 Mile, Cambridge, Mass. (W)
 Sat., June 14--2 Mile, Etobicoke, Ont. (O)
 1 Mile, Newton, Ia., 6 p.m. (P)
 Wis. AAU 3 Km, Milwaukee, 8 p.m. (Q)
 JUNIOR NAAU 5 KM, KINGSPPOINT, N.Y. (I)
 Met. AAU and Open 1 Hour, Kings Point (I)
 Wed., June 18--5.5 Mile, Lowell, Mass. (W)
 Sat., June 21--NAAU SENIOR 5 KM, EUGENE, ORE. (A)
 NAAU Postal 1 Hour Section, Boulder, Colo, 8 a.m. (X)
 Sun., June 22--20 Km, Midland, Ont. (O)
 5 Km, Kenosha, Wis., 3 p.m. (Q)
 Wed., June 25--5 Miles, Cambridge, Mass. (W)
 Fri., June 27--NAAU Women's T&F Championships, White Plains, N.Y. (also 26th)
 Sat., June 28--1 Mile, Newton, Ia., 6 p.m. (P)
 Sun., June 29--Charles Silcock 50 Km, Westbury, N.Y., 8 a.m. (R)
 Sat., July 5--NAAU "B" 25 KM, KENOSHA, WIS., 9 a.m. (Q)
 NAAU JUNIOR 35 KM, PITTSBURGH (G)
 NAAU JUNIOR 25 KM, GREENLAKE, WASH. (E)
 3 Mile, Columbia, Mo., 9 a.m. (F)
 Sun., July 6--NAAU SENIOR 10 KM, BRIDGEPORT, CONN. (B)
 20 Km and Jr. 10 Km, Toronto, 9 a.m. (O)

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WORLD 100 KM RECORD

St. Denis, France March 16—Jean-Pierre Garcia of France defeated a field of the world's top long distance walkers in a track 100 km race and bettered the World's Record in the process. Garcia took the lead shortly after 20 Km and was never headed, or really challenged, as he went on to clock 9:33:06. The old mark was 9:41:39.8 set by Frenchman Florimond Conret in 1939. R. Quemener, in second, also bettered the old mark, but just by seconds. There were 26 starters in the field, including two Paris-Strasbourg winners, Robert Rinchard of Belgium and Josy Simon of Luxembourg.

Early leader was Schwartz of Luxembourg with 53:54 at 10 and 1:47:27 at 20. Garcia was about a half minute down at both points but took the lead shortly after as Schwartz fell away quickly. By 40 Km Garcia was well in command (3:36:56) followed by Halloy 3:40:20, Facquet 3:41:37, Fogg 3:41:59, Carabin 3:44:04, Simon 3:44:09, Quemener 3:44:36, and Young 3:45:56. It is interesting to look down at the final results and see that not many of these survived near the top. Except for the winner, discretion is quickly seen as the better part of valor.

The pace was still hot at 50 as Garcia went through in 4:33:47 followed by Quemener 4:40:40, Facquet 4:44:17, Harding 4:44:55, Young 4:45:26, Simon 4:45:46, Carabin 4:46:54, Eddershaw 4:47:43, Moulinet 4:49:56 and Boxall 4:51:25. The pace started to slow over the next 30 Km but Garcia maintained his margin and at 80 Km the order was Garcia 7:30:52, Quemener 7:40:34, Harding 7:43:46, Young 7:53:00, Facquet 7:54:27, Boxall 7:56:21, Simon 8:00:21, Carabin 8:01:25.

The winner had covered 13,174 meters in a 1 Hour race just a week earlier so is apparently a quite versatile walker and should be expected to put in a fast 50 in the future. Five of the first nine finishers are in the veteran class (over 40) showing again the toughness and experience required for this type of race. (Or maybe the young simply have sense enough to leave it alone.) The results:

1. J.P. Garcia, Fr. 9:33:06 2. R. Quemener, Fr. 9:41:23 3. Ken Harding, GB 9:43:40 4. Dave Boxall, GB 10:04:00 5. C. Facquet, Fr. 10:04:35 6. Colin Young, GB 10:08:16 7. D. Dugast, Fr. 10:10:55 8. J. Simon, Lux. 10:12:41 9. John Eddershaw, GB 10:13:50 10. R. Hennebois, Fr. 10:19:25... 14. R. Rinchard, Bel. 10:41:41

LOOKING BACK

10 Years Ago (From the April 1965 ORW)—In its second month of publication, the ORW already had 9 fully paid subscribers and, as we said, a long mailing list of leeches...Our news sources were not yet established (in those days you didn't normally find out the results of national races until the next AAU Handbook came out, unless you went to them, of course) so the only results were local. Mortland beat Blackburn in a highly competitive 8 mile, 61:18 to 63:07, with the two right together through 5 3/4... Blackburn won over Blackburn in a 1 Mile 7:25 (6 seconds slower than the start of that 8) to 8:08, and finally, Mortland tried to blister a 12 miler going through 5 in 38:38 before slowing to 79:08 at 10 and then crawling home in 1:36:43. Blackburn had 1:40:13 in this one.

5 Years Ago (From the April 1970 ORW)—Dave Romansky and Tom Dooley engaged in fantastic record races on opposite ends of the country...In Seattle on April 5, Dooley covered 15 miles in 1:54:47, 25 Km in 1:59:20 and 15 mi 1093 yards in 2 hours, all records. He passed 10 km in 46:50, 10 miles in

1:15:27, and 20 Km in 1:33:56. Goetz Klopfer was going after the 50 Km record at the same time but after a 1:42 for 20 found it wasn't his day and struggled through a 4:35:40....A week later at Trenton, N.J., Big Dave rambled through 15 miles in 1:53:44.2, 25 Km in 1:58:07.8, and did 15 miles 1413 yards in 2 Hours. The 25 km time was unofficial, however, as the official watches were stopped a lap too soon. He also got a record 1:31:10.2 for 20 Km on the way. He started with a blazing 6:51 first mile continued through 7:09, 7:10, and 7:11 and then gradually wound down, taking 9:10 and 8:35 on the last two....A week later, Dave did a record 4:15:23 for 50 on the track—Jim Hanley won the Junior National 20 Km in 1:46:34....Larry Walker did a fast 10 on the track, beating Rudy Haluza in 45:22.8....Greg Diebold blistered a 13:28.6 2 Mile in the Boston College Relays and Ron Laird won the Canadian Indoor 3 Km that year, too, with a very fast 12:21.6....On the local scene, The Mort managed track times of 1:40:33.4 for 20 Km (blowing up with 8:24 and 8:32 over the last 2 miles) and 48:38.4 for 10 Km beating a good 49:53.8 by Paul Reback....Wilf Wesch beat Ron Wallwork by 6 seconds to win the British 10 mile in 1:12:07

FROMHEEL TO TOE

As you see in the schedule, the National 20 is now set for June 8 and this is the final date. This race will serve as a qualifier for the US-USSR Meet in Kiev in early July, for the Durham meet involving Pan-African and West German teams, and for a possible 20 Km in Montreal against West Germany, Canada, and Mexico in late July....The Pan-Am walkers will qualify in a separate race to be held as part of the USOC's Pan-Am Trials in Eakersfield, Cal on Aug. 15-16. The qualifying standard for this race is 1:37:30. The USOC will provide expenses for 10-12 invited athletes, but it probably will not be "full freight". As for the Lugano Cup 20 Km team, it will be selected at this same race. But exactly who will go is still contingent on the exact date of the Pan-Am race. If there is sufficient time to recuperate, the top two finishers will compete in both. If not, the top two will go to the Pan-Am Games and the next four to the Lugano Cup. This might seem that we have our priorities a bit twisted but the USOC is providing the Lugano expense money and they apparently regard the Pan-Am team as top priority, not surprisingly so....The 50 Km team for Lugano will be selected in the National 50 in New York Sept. 21. This allows only 3 weeks before the Lugano competition, which seems a bit close to me....Have an article here on Ron Laird from the NY Post of Feb. 26, which he had 57 titles at that time. So it looks like my lead story may be off by one. I have a complete list showing the first 44 and had tried to update that. Well, Ron will let me know where I messed up....It is time again to vote for the country's top walker of 1974. The winner will receive the Green & Gold AC's Ron Zinn Memorial Award. Send your ballots for the top six to Bill Ross Jr., 2835 N. Lincoln Ave., Chicago, Ill. 60657. The award is to be made at the Ronn Zinn Memorial 10 Km in Chicago on May 25.... The National 15 Km on May 24 in Chicago will be held at Riis Park, which is also the site of the Zinn race the next day. This is a slightly rolling walk with laps of a bit over 3/4 mile (as I recall), about half shaded. Not a bad course, but a bit short.* No traffic problems, of course, and there have never been any problems with pedestrians in the past....Bill Chisholm has suggested that we list the names of race judges, wherever possible. We will endeavor to do so, at least for major races, so try and include this bit of information with your national results (most have in the past and we have ignored it.)....

* I don't mean the distance will be short, just that a longer lap would be better.

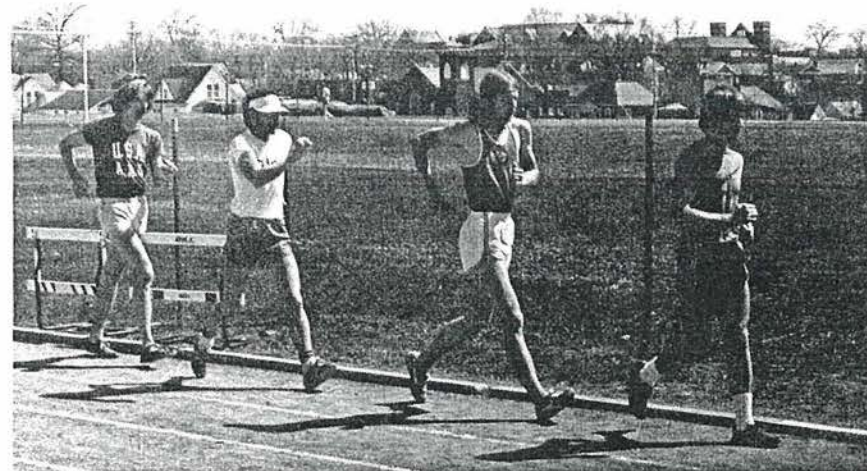
For those oldsters planning a trip to Toronto this summer for the World Masters, the 5 Km is scheduled for 6 p.m. on Wed. Aug. 13 and the 25 for 9 a.m. on Sat., Aug. 16. Write World Masters Track and Field Championship 1975, 559 Jarvis St., Toronto, Canada M4Y 2J1 for further details. Entries close July 1....During Australia's summer, a 15-year-old girl, Anne Pembroke, clocked some fantastic races: 3:33 for 800 meters, 24:56 for 5 Km, and a World's best of 13:49.6 for 3 Km....The May distance in the National Postal Master's Championships is 10 Km. Entries to Dave Leuthold, 1501 Ross Street, Columbia, Mo. 65201...Note: The Region 1 20 Km date has been changed to May 31, as shown by the neat little arrow in the schedule. The race is being sponsored by the New York Racing Association (that's horses, my good man) and, according to Steve Hayden, they are doing a bang-up job. It will be held at Belmont Park on a 5 Km loop (not on the track) and is part of a big open-house promotion. Lots of good publicity, prizes, gala activities on race day, etc., etc. If you are anywhere near, don't miss it....That was one of two phone calls that kept the lines hot between here and the East Coast tonight. Steve anticipated the deadline perfectly. The other went from here to Elliott Denman at the Asbury Park Press to get the following important story.

LADANY CONTINUES TO DOMINATE LONGIES

West Long Branch, N.J., April 20—Shaul Ladany won his second successive NAAU Senior 75 Km championship and in the process broke his championship record set in last year's inaugural by nearly 3 minutes with a 7:22:20. He also won last year's 100 Km title and has completely dominated the Eastern Regional 50 Miler, which this National 75 has replaced. However, for the first time in one of these races, he received some real opposition. The LIAC's Dan O'Connor, not heard from competitively since last August, but putting in some serious miles down in Tennessee in the meantime, led the race from 20 to 35 miles. At that point, stomach problems forced an extended pit stop and he lost all hope of winning. He was able to get back in the race and finish a strong second however in 7:39:50.

In third place was new 50-mile record holder, Bill Walker, who finished in about 7:48. Bill looked very strong walking only 3 weeks after his 50 mile effort. There were 14 finishers out of 22 starters and they came across in the following order: Tom Knatt, Alan Price, Tom Ambury, Cheuk Hunter, George Lattarulo, John Fredericks, Don Johnson, Bruce MacDonald, Bob Falcicola, Elliott Denman, and Alan Wood. Full details and times for all finishers next month.

The Ohio Racewalker is a monthly collection of news, views, and commentary on happenings in and about the world of heel-and-toe artistry. Editor and Publisher is Jack Mortland. Although this is basically a one-man operation at this end, it would never come off without all the news, tidbits, and garbage sent to me by many, many people out there in readerland. So pat yourselves on the back. Subscription still holding at \$3.00 per year. Address: 3184 Summit St., Columbus, Ohio 43202. Why didn't someone call me for having all those pages in the March issue headed February. That comes from trying to save time by using old header material when pasting up stolen stuff. Also note that we have scooped ourselves with a picture this month. We have the picture, but still no results from that Missouri Valley 1 Hour race. That should keep you in suspense until next month.



Larry Young, back in action, leads Randy Mimm, Al Schrik, and Augie Hirt in early stages of Columbia 1 Hour race. (Photo from Jim Breitenbucher)



Vladimir Golubnichiy (831) on the way to his 1974 European 20 Km title. Others are Peter Frenkel, EG (393); Bernd Kannenberg, WG (471); Karl-Heinz Stadtmüller, EG (421); Vladimir Zhaloshik, USSR (834); Gerard Lelievre, Fr (253); and Armando Zamboldo, Italy (623). (Photo from Dansk Gangforbund)