

Ohio Race Walker
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Lewis, Lawrence Notch 10 Km Wins

Niagara Falls, July 9—Tim Lewis and Debbie Lawrence were easy winners in the National TAC 10 Km walks held today on a 2-Km circuit along the Robert Moses Parkway adjacent to the Niagara River. Both Lewis, now in Colorado Springs, and Lewis, living near Kansas City, were returning to their native state to demonstrate how far they have come in the racewalking world.

Lewis stormed through the first 5 Km in 20:15, leaving most of the field a minute or more behind halfway through. Only Gary Morgan tried to hang on, but he was 10 seconds down at 5 Km and starting to fade. Though slowing considerably the second half, Lewis had things very much his own way as Morgan slowed even more. Tim came home in 41:28, an American road best, with Gary second in 42:16.

Dave McGovern, third at 5 Km in 22:10, managed to hold that position to the finish, but had only 6 seconds on a determined Mark Fenton as both broke 45 minutes. Don Lawrence, who led Fenton at the midpoint, was a close fifth, with Curt Clausen edging Rob Cole for sixth, nearly another minute back.

Nick Bdera was eighth in 46:41 to win the master's race by just 14 seconds over Bob Keating. Canada's always tough Jaan Roos finished just under 50 minutes to lead those over 50, ever-young Bob Mimm was the first over 60 in a sparkling 56:38, and Canada's Max Gould continued to amaze with a 60:47 performance to lead those over 70.

Lawrence had no real competition as she led by 45 seconds at the midpoint with a 24:22. She duplicated that split to finish in 48:44. Canadians battled for the second spot. Holly Gerke led Lauro Rigutto by just one second at 5 Km with her 25:07. But Gerke, from Alberta, was able to accelerate the second half to finish in 50:01, leaving Rigutto far behind. Cheryl Rellinger, of the host club, Niagara Racewalkers, was the second American. Roberta Boyle was the first woman master, breaking the hour mark by 5 seconds. Not far behind was Jill Latham, who was the first over 50.

And not too far back of Jill was your editor, making one of his rare race appearances. That put me third in the 50-54 category (fourth if we go unisex and count Jill), which on the surface doesn't seem to bad until you consider there were six from the 55-59 category ahead of me, one in the 60-64 category, and almost one in the over 70 category. I caught Max Gould with a kilometer to go and didn't hold him off by much. My modest goals for the race were to break 1 hour, at which I failed, and to keep from being lapped by the first woman, which I achieved. (Debbie was 8 seconds from the finish as I finished my fourth lap.) And I managed to go slightly faster the second half. My last National 10 was in Chicago 10 years ago, where I was third master and 14th overall in 52:51. My last race in Niagara Falls was a year later in the National (to page 3)

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO



National 20 Km. Tim Lewis, the eventual winner, and Gary Morgan duke it out in the early stages of the National TAC 20 Km in Houston. SPORTSFOTO by John Allen.

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15 Km--36th in 1:24:16 (about 56 at 10 Km). Must have lost something in the meantime. Be that as it may, this was a beautiful, well-conducted race. Glad I made it, thanks to the Columbus Cosmos 74 girls soccer team, which my wife coaches. They were at the Falls for a soccer tournament, so I made the trip. Since they, coincidentally, were staying in the race headquarters motel, with the race starting in the backyard, it was difficult for me not to participate. The soccer team did much better than I, winning the girl's 15 and under championship. Oh, yes, the race results:

Men: 1. Tim Lewis, Reebok Racing Club, Colorado Springs 41:27.8 (20:15) 2. Gary Morgan, New York AC, Clarkston, Mich. 42:16 (20:25) 3. Dave McGovern, Just Do It, Congers, NY 44:50 (22:10) 4. Mark Fenton, Reebok, Brockport, NY 44:56 (22:20) 5. Donald Lawrence, Kenosha, Wis. 45:12 (22:15) 6. Curt Clausen, un., Durham, NC 46:11 (22:21) 7. Rob Cole, Parkside, Somers, Wis. 46:18 (22:46) 8. Nick Bdera, E. Elmhurst, NY 46:41 (23:21) (1st 40-44) 9. Robert Keating, New England Walkers, Nashua, NH 46:55 (23:22) (2nd 40-44) 10. Dan O'Brien, Motor City Striders, Port Huron, Mich. 47:28 (23:19) 11. Steve Vaitones, Nike Boston, Waltham, Mass. 48:00 (23:48) 12. Gary Null, un., New York, NY 48:51 (23:54) 13. Dave Lawrence, Niagara Walkers, Buffalo 49:14 (24:47) 14. Jaan Roos, Burlington Runners, Ontario 49:50 (24:20) (1st 50-54) 15. Ian Whatley, un., Greenville, SC 49:51 (24:28) 16. John Elwarner, Wolverine Pacers, Sterling Heights, Mich. 50:01 (1st 45-49) 17. Tom Knatt, New England Walkers, Concord, Mass. 50:25 (2nd 45-59) 18. Curt Sheller, Reading TC, Pottstown, Pa. 50:38 19. Paul Guimond, Etobicoke, Toronto 50:54 20. Max Green, Wolverine Pacers, Taylor, Mich. 52:18 (1st 55-59) 21. Norman Browne, Motor City Striders, Detroit 52:24 (3rd 45-49) 22. Terry McHoskey, Wolverine Pacers, Sutton Bay, Mich. 52:56 (4th 45-49) 23. Roman Olszewski, Etobicoke, Ontario 53:13 24. Tom Krasnoff, Parkside, Kenosha, Wis. 53:29 (1st Junior) 25. John Tucker, Canada 53:31 (2nd Junior) 26. Justin Kuo, New England Walkers, Scituate, Mass. 54:31 27. Mike Freeman, Willowdale, Ontario 54:59 (45-49) 28. Sal Corrallo, Potomac Valley Seniors, Arlington, Va. 55:27 (2nd 55-59) 29. Robert Mimm, Shore AC, Willingboro, NJ 56:38 (1st 60-64) 30. Richard Bales, Niagara Walkers, E. Amherst, NY 56:54 (45-59) 31. Walter Lubzik, Wolverine Pacers, Detroit 57:08 (2nd 50-54) 32. Frank Soby, Motor City Striders, Detroit 57:01 (45-49) 33. Bob Falcicola, New England Walkers, Sandown, NH 57:31 (45-49) 34. Lionel Guillemette, Eastside TC, New York, NY 58:05 (3rd 55-59) 35. Frank Fina, Niagara Walkers, Snyder, NY 58:58 (4th 55-59) 36. Bernie Finch, Black Hills Walkers, Newcastle, Wyoming 59:28 (45-49) 37. Greg Wittig, Niagara Walkers, Cheektowaga, NY 59:37 (55-59) 38. Ellis Boal, Motor City Striders, Detroit 60:08 (40-44) 39. Jim Higgins, Clifton TC, Florence, Kentucky 60:09 (55-59) 40. Jack Mortland, Wolfpack, Columbus, Ohio 60:40 (3rd 50-54) 41. Max Gould, Burlington Runners, Toronto 60:47 (1st over 70) 42. Vance Genzlinger, Wolverine Pacers, Bloomfield Hills, Mich. 61:27 (2nd 60-64) 43. Robert Lubelski, Niagara Walkers, N. Tonawanda, NY 62:03 (45-49) 44. Paul Cajka, Florida AC, Navsta Mayport, Florida 62:08 45. Maynard Mickelson,

WCLA, Ashtabula, Ohio 62:19 (3rd 60-64) 46. Joe Lavenburg, Shore AC, Delanco, NJ 62:21 (60-64) 47. Uno Limit, Burlingotn Runners, Toronto 62:48 (1st 65-59) 48. Harold Wright, Front Range Walkers, Blair, Nebraska 63:01 (2nd 65-59) 49. George Heller, Shore AC, Paramus, NJ 63:42 (3rd 65-59) 50. Don Johnson, SHore AC, Little Silver, NJ 64:59 (2nd over 70) 51. Vladimir Krutikov, Rochester Racewalkers, Rochester, NY 65:11 (50-54) 52. Joe Vitucci, Clifton TC, Cincinnati 65:22 (65-59) 53. Bill Tallmadge, un. Berea, Kentucky 66:52 (3rd over 70) 54. William Sheldon, Niagara Walkers 68:00 (45-49) 55. Alan Lawrence, Niagara Walkers (68:21 (60-64) 56. John Dunaway, Potomac Valley Seniors 69:17 (65-59) 57. John Monteiro, New England Walkers, Boston 69:17 (45-49) 58. Julius Reif, Elma, NY 70:33 (50-54) 59. Bob Ullman, Rochester, NY 72:02 (40-44) 60. George Conway, New England Walkers, Milton, Mass. 83:56 (70 and over) 61. Gerald Starler, Wolverine Pacers, Southfield, Mich. 85:28 (55-59)

Women: 1. Debbi Lawrence, Kenosha, Wis. 48:44 (24:22) 2. Holly Gerke, Edmonton, Alberta 50:01 (25:07) 3. Lora Rigutto, Canada 51:27 (25:08) 4. Cheryl Rellinger, Niagara Walkers 52:53 (26:24) 5. Susan Packard, Niagara Walkers 53:00 (27:18) 6. Sue Hornung, Calgary, Alberta 53:16 (26:16) 7. Christy Izzo, Niagara Walkers 54:45 (27:18) (1st Junior) 8. Deborah Powell, Etobicoke, Collingwood, Ontario 54:50 (27:09) 9. Kaisa Ajaye, Brooklyn, NY 55:33 (27:38) 10. Lori Seidel, Parkside, Paramus, NJ 55:54 (27:01) (2nd Junior) 11. Leslie Kerwin, Canada 57:39 (3rd Junior) 12. Robyn Lewis, Fairfield, Ohio 57:45 13. Lily Whalen, Etobicoke, Weston, Ontario 58:09 14. Roberta Boyle, Wolverine Pacers 59:55 (ist 40-44) 15. Jill Latham, Los Angeles Walkers 60:11 (1st 50-54) 16. Stella Cashman, East Side TC, New York 60:28 (1st 45-49) 17. Marilyn Morehead, Wolverine Pacers, 60:37 (2nd 45-49) 18. Lois Dicker, Potomac Valley Seniors 60:46 (3rd 45-49) 19. Cathi Sullivan, Over The Hill TC, Parma, Ohio 61:18 20. Valerie Stowe, Wolverine Pacers 61:37 (45-49) 21. Karen Fina, Niagara Walkers 61:43 22. Pauline Stickels, Potomac Valley Seniors 62:08 23. Beth Alvarez, Potomac Valley Seniors 62:09 (1st 40-44) 24. Jill Murray, Niagara Walkers 62:58 (Junior) 25. Carol Beth Berry, Wolverine Pacers 63:46 26. Joan Schindel, Potomac Valley Seniors 64:17 (45-49) 27. Helen Jo Hillman, Potomac Valley Seniors 64:25 (50-54) 28. Cecilia Roth, Burlington Runners, Ontario 64:29 (50-54) 29. Peggy Sheets, Cincinnati, Ohio 64:59 (Junior) 30. Christine Mech, Niagara Walkers 65:17 (Junior) 31. Marsha Hartz, Potomac Valley Seniors 65:38 (45-49) 32. Collie Greene, Los Angeles Walkers 67:13 (1st 60-64) 33. Jacqueline Taylor, Wolverine Pacers 68:02 (40-44) 34. Sue Ravenscroft, Wolverine Pacers 68:03 (40-44) 35. Lori Anne Wark, Potomac Valley Seniors 68:27 36. Marilyn Chute, Niagara Walkers 68:46 (40-44) 37. Nancy Schlanser, Wolverine Pacers 69:13 (40-44) 38. Carole Naser, New England Walkers 69:25 39. Jean Mills, Burlington Runners 70:27 40. Gwen Falcicola, New England Walkers 70:45 (Junior) 41. Sage Cowles, Minneapolis 71:26 (60-64) 42. Susan Hoadley, Niagara Walkers 71:45 43. Gail Starler, Wolverine Pacers 71:52 (55-59) 44. Geri Pedler, Niagara Walkers 74:02 (50-54) 45. Martha Viucci, Clifton TC, Cincinnati 76:00 (60-64)

OTHER RESULTS

National TAC Junior Championships, Columbus, Ohio, June 14: Men's 10 Km--1. Lennie Becker 46:18.12 2. Dave Doherty 47:27.78 3. Farley 47:57.31 Women's 5 Km--1. Christy Izzo 25:32.02 2. Melody Rivera 25:49.39 3. Gretchen Eastler 25:59.83 4. Jennifer Zalewski 26:07.09 (One would think your editor would have covered this in person, it being only about 3 miles from my home, but I had a son graduating from high school at precisely the time the races were going off, so I can't tell you much about it.) **U.S., England, USSR, West Germany T&F Meet, Birmingham, Eng., June 23:** Men's 10 Km--1. Schennikov, USSR 40:10.97 2.

Misyula, USSR 40:23.44 3. Ian McCombie, GB 40:52.29 4. Tim Lewis 42:25.50. . 6. Gary Morgan 42:34.16 Women's 5 Km--1. Serbinenko, USSR 21:39.59. . 4. Teresa Vaill 22:47.05 . . DQ--Maryanne Torrellas Maccabiah Games, Israel, July 7--1. Jeff Salvage, US 1:46:00 (very hot) 2. Bernstein, Israel 1:46:50- 3. Alan Jacobson, US 1:47:01 4. Roy Posner, GB 1:48:03 **International Junior T&F Games 5 Km, Walk, Providence, RI, July 22--1.** James Kilburn, Canada 22:51.83 2. Dave Doherty, U.S. 23:03.00 3. Jeff Cassin, Can. 23:26.75 4. Lennie Becker, U.S. 24:19.3 Women: 1. Tina Poitras, Can. 24:15.09 2. Melody Rivera, U.S. 25:42.86 3. Gretchen Eastler, U.S. 26:14.8 4. Christy Izzo, U.S. 27:49.16 DQ--Ruth Talbot, Can. 3 Km, Dedham, Mass, June 24--1. Justin Juo 15:20.4 5 Km, Chatham, Mass., June 25--1. Phil McGaw 24:30 2. Tom Knatt 24:44 3. Richard Ruquist 24:55 4. Justin Kuo 26:05 5. Joseph Kay 28:15 Women: 1. Christie Kuo 29:25 2. Emily Hewitt 29:39 3. Catherine Fogelman 31:04 5 Km, Dedham, Mass, July 1--1. Mark Fenton 22:28.3 2. Steve Vaitones 23:14 3. Phil McGaw 23:58 4. Tom Knatt 24:13 5. Justin Kuo 26:48 6. George Lattarulo 27:52 7. Bob Falcicola 28:01 8. Joseph Kay 29:16 Women: 1. Christie Kuo 30:43 2. Carol Kay 30:53 10 Km, Dedham, Mass, July 4--1. Steve Vaitones 47:10 2. Phil McGaw 50:56 3. Bob Falcicola 57:02 4. Justin Kuo 57:54 5. Tom Knatt 59:43 6. Joseph Kay 60:38 5 Km, Bay State Games, Cambridge, Mass., July 15--1. Steve Vaitones 23:06 2. Phil McGaw 24:13 3. Tom Knatt 25:27 4. Justin Kuo 26:49 5. George Lattarulo 28:47 6. Charles Mansback 30:26 Women: 1. Emily Hewitt 30:51 **Metropolitan 5 Km, New York City--1.** Jeff Salvage 22:28 2. Gary Null 22:34 3. James Mann 22:39 4. Roberto Gottlieb 23:21 5. Nick Bdera 23:30 6. Franco Pantoni 23:37 7. Richard Harper 25:55 8. Leland Sandifur 26:02 9. Dorit Attias 26:16 (1st woman) 10. Alan Jacobson 26:35 11. Bruce Logan 26:38 12. Julie Ratner 26:38 13. Melody Rivera 26:46 14. Kaisa Ajaye 27:42 15. Lionel Guillemette 28:13 16. Stella Cashman 28:18 17. Ali Bouchehouk 28:37 18. Frank Lamorte 28:47 19. Stanley Schechter 28:48 20. Wallace Cutler 28:58 21. Susan Henricks 29:00 22. Mort Malkin 29:06 23. Linda Roesner 29:47 24. Perry Hall 29:51 25. Nina Felshin 29:53 26. Frank Sofo 29:57 27. Leo Rivera 30:03 28. Robert Thaler 30:17 12. Abdalla Wiggins 30:22 30. Richard Lann 30:38 (132 finishers) 5 Km, New York City, June 18--1. Gary Null 22:33 2. Roberto Gottlieb 23:18 3. Alan Jacobson 23:34 Women: 1. Kaisa Ajaye 26:24 2. Susan Westerfield 27:26 3. Melody Rivera 27:28 **Metropolitan 15 Km Championships, New York City, July 1--1.** Dave McGovern 1:12:50 2. Nick Bdera 1:15:01 3. Gary Null 1:15:33 Women: 1. Julie Ratner 1:24:49 2. Janice Sztabink 1:32:29 3. Susan Hendricks 1:33:33 5 Km, Buffalo--1. Jim Mann 22:35 2. Dave Lawrence 22:41 3. Bill Hanar 27:43 4. Cheryl Rellinger 29:16 5. Greg Wittig 29:44 6. Steve Podlas 29:45 7. Kim Podlas 29:45 8. Bob Lubelski 29:50 5 Mile or 8 Km (results don't say), Washington, DC, July 4--1. Steve Pecinovsky 36:08 2. Alan Price 40:35 3. Ned Stone 45:50 4. Jim Lemmert 46:17 5. Regis Harkins 46:51 **Sunshine Games 5 Km, Palm Beach, Florida, June 24--1.** John Fredericks 24:58 2. Bill Halford 29:43 3. Dave Graham 31:21 Women: 1. Karen Coburn 32:33 2 Mile, Boca Raton, Florida, May 29--1. John Fredericks 14:57 2. Bob Fine 17:31 3. Joe Chiazza 19:44 Women: 1. Bonnie Stein 19:56 1 Mile, Maimi, June 11--1. John Fredericks 7:04 2. Al Crazado 8:07 3. Bob Fine 8:10 4. Bill Halford 8:42 5. Ashley McDermott 9:37 6. Linda Aprilatta 9:37 5 Km, Jacksonville, Florida, June 10--1. Eric Shultz 29:24 1 Mile, Jacksonville, June 16--1. Paul Cajka 9:24.1 2. Bert Couliette 9:47 2 Mile, Miami, June 12--1. John Fredericks 14:55 2. Allan Menzer 20:02 Women--1. Lisa Epstein 20:48 1 Mile, Miami, July 4--1. John Fredericks 6:57 Women: 1. Mary Gallagher 10:08 **Sunshine State Masters 5 Km, Gainesville, July 15--1.** John Fredericks 25:01 2. Bob Fine 28:59 (1st over 55) 3. Terry Harville 29:14 **Masters 5 Km, Dearborn, Mich., June 18--1.** John Elwarner 24:09 2. Max Green 25:09 3. Norm Browne 25:43 4. Wally Lubzik 27:31 Women: 11. Valerie Stowe 29:32 2.

Rosalyn Coury 29:46 8 Km, Dearborn, July 1--1. John Elwarner 39:50 2. Max Green 40:50 3. Norm Browne 42:20 4. Bob Campbell 49:25 5. Vance Genslinger 50:30 **Women's 3 Km, same place--** 1. Gayle Johnson 15:46 2. Roberta Boyle 17:31 3. Fran Bauunock 19:38 5 Km, Dearborn, July 22--1. Gary Morgan 20:04 2. Max Green 25:16 3. Wally Lubzik 27:48 4. Robert Campbell 29:17 **Women:** 1. Zofia Wolan 25:38 2. Jeanette Smith 28:15 3. Diane Podsiadlik 30:28 **Badger State Games 3 Km, Wisconsin, May 23--** 1. Mike DeWitt 12:53.5 2. Robert Steffen 17:23.6 (1st over 40) 3. Nick Schroeder 18:32 4. Stephen Ritzke 19:33 **Women:** 1. Ruth Leff 18:56.4 (1st over 60) 5 Km, (track), Boulder, Colorado, May 20--1. Viisha Sedlak 25:44 2. Martha Iverson 27:28 3. Jim Peteresen 30:32 5 Km, Denver, June 10--1. Dan Pierce 23:59 2. Viisha Sedlak 26:29 10 Km, Steamboat Springs, Colorado, June 11--1. Carl Schueler 49:47 2. Barbara Hilger 59:59 3. Bob DiCarlo 60:34 5 Km, Denver, June 4--1. Viisha Sedlak 25:39 2. Bob DiCarlo 27:58 3. Pam Hahler 29:26 4. Bob Carlson 30:06 4 Mile, West Littleton, Colorado, June 3--1. Bob Carlson 39:07 2. Pam Hahler 39:59 3. Peter Pereira 40:00 5 Km, Los Alamos, NM, June 17--1. Don Pettit 27:06 2. Andrew Smith 27:09 3. Robert Reedy 28:21 4. Eliza Walbridge 28:31 5. Joe Cameron 30:18 (72 finishers) 1600 meters, Van Nuys, Cal., June 28--1. Jesus Orendain 8:07 2. Joe Hampton 8:42 **District Masters 5 Km, Eagle Rock, Cal., June 18:** Men 35-39--1. Enrique Camarena 25:09 2. Juan-Jose Garcia 26:27 3. Ignacio Miranda 26:45 4. Carl Warrell 27:28 5. Richard Nakawatase 29:08 6. Arthur Grant, III 29:43 7. Richard Nester 29:32 Men 40-44--1. Ed Bouldin 25:33 Men 45-49--1. Larry Walker 21:40 2. Jesus Orendain 27:56 3. Dave Snyder 28:09 Men 50-54--1. Richard Oliver 27:24 2. John Kelly 27:49 3. Clyde Hatfield 29:03 Men 55-59--1. Robert Meador 28:09 2. Carl Acosta 28:03 3. Allen Havens 30:01 Men 60-64--1. John Burns 31:37 **Women 30-39--** 1. Victoria Herazo 25:12 2. Kathryn Blackmer 29:41 **Women 40-44--** 1. Donna Cunningham 31:00 **Women 45-49--** 1. Jolene Steigerwalt 28:16 **Women 50-54--** 1. Jill Latham 31:05 10 Km, Pasadena, Cal., June 10--1. Enrique Camarena 50:10 2. Ignacio Miranda 53:56 3. Richard Oliver 54:18 (1st over 50) 4. Richard Nester 56:15 5. Carl Acosta 57:16 (2nd over 50) 6. Bob Meador 57:47 (3rd over 50) 7. Allen Havens 60:41 5 Km, same place: 1. Allen James 22:19 2. Jesus Orendain 27:20 3. Arthur Goolsbee 27:51 4. David Steinhart 29:15 5. Allen Brumer 29:27 (1st over 50) 6. Bill Neder 29:45 (2nd over 50) **Women:** 1. Cathy Mish 28:27 2. Donna Cunningham 29:01 (1st over 40) 3. Linda Krosen 29:56 (2nd over 40) 4. Joy Bevilacqua 30:05 (3rd over 40) **Pacific Assn. 5 Km Championships, Los Gatos, Cal., June 11--** 1. Ron Daniel 25:19 2. Bob Henderson 25:27 3. Bob Edwards 25:33 4. Bill Penner 26:44 5. Fred Dunn (age 60) 26:52 6. Lance Wright 27:13 7. Skip Bockoven 29:53 8. George Peter 30:30 **Women:** 1. Kim Wilkinson 24:54 2. JoAnn Nedelco 25:34 (personal record at age 46) 3. Mary Baribeau 26:58 4. Laura Cribbins 29:00 5. Donna Gilliland 29:37 6. Sandy Womack 29:37 20 Km, San Jose, June 4--1. Mark Green 1:45:26 2. Chuck Marut (51) 1:48:23 3. Rob Edwards 1:50:56 4. Jack Bray (56) 1:50:59 5. Ron Daniel 2:07:06 **Women's 10 Km, same place--** 1. JoAnn Nedelco 54:34 2. Laura Cribbins 61:15 **Northwest Masters 2 Km, Gresham, Oregon, June 30--** 1. Bob Korn 8:39.8 (1st 35-39) 2. Joel Estrin 10:20 3. Bob Brewer 10:22 (1st 45-49) 4. John Hanan 10:25 (2nd 45-49) 5. Dave McNayr 10:40 6. Charles Monismith 10:33.6 (3rd 45-49) 7. Paul Kaald 10:57 (1st 55-59) 8. Jim Bean 11:11 (1st 40-44) 3 Km, Eugene, Oregon, June 24--1. Bill Boyd 16:11 2. Marvin Dunn 16:34 (1st 45-49) 3. Joel Estrin 16:53 4. Charles Monismith 17:09 (1st 40-45) 5. Bob Brewer 17:17 (2nd 45-49) 6. Dave McNayr 17:38 7. Jim Bean 17:59 (2nd 40-44) **Women:** 1. Jody Suhanek 16:23 2. Donna Houle 17:34 3. Crolyn Kortge 17:42 (1st 45-49) 10 Km, Portland, Oregon, June 3--1. Jozef Barbuzynski 52:39 2. Philp Dunn 52:58 3. Malcolm Dunn 55:27 1 Mile, Seattle, May 31--1. Glenn Tachiyama 7:06 2. Bob

Novak 8:08 3. Bev LaVeck 8:49 2.8 Mile, Seattle, June 1--Glenn Tachiyama 21:35 2. Randy Pasko 23:02 3. Bob Novak 23:34 4. Daniela Hairabedian 24:24 5. Kyle Lindvall 25:50 6. Bev LaVeck 25:51 7. Michael Larson 26:51 3 Km, Seattle, June 3--1. Stan Chraminski 14:42 2. Jim Bryan 16:30 (1st over 55) 3. Evan Shull 16:37 (1st 45-49) 4. Ernie Smith 17:02 5. Lew Jones 17:05 6. Ed Glander 17:32 5 Km, Fremont, Wash., June 9--1. Glenn Tachiyama 23:01 2. Stan Chraminski 24:58 3. Daniela Hairabedian 25:54 4. Guy Ott 26:51 5. Bob Novak 26:57 6. Ann McCulley 27:59 7. Bev LaVeck 28:04 8. Ernie Smith 29:02 **Pan-Am Junior Games, Santa Fe, Argentina--na, June 25:** Men's 10 Km--1. Alberto Cruz, Mexico 42:00.21 2. Aaron Gonzalez, Mex. 42:24.62 3. Roberto Gonzalez, Cuba 42:27.72 **Women's 5 Km:** 1. Tina Poitras, Canada 24:22 2. Ramona Miriat, Ecuador 24:23.37 3. Ruth Talbot, Canada 24:34.54 **U.S. Team in Sweden: Women's 10 Km, Brunflo, July 2--** 1. Lorraine Jachno, Australia 48:43 2. Victoria Herazo 50:05 3. Beata Zgarda, Poland 50:22 4. Veronica Oqvist 50:27 5. Louise Aubin, Can. 50:41 6. Susan Liers 50:52 7. Kirstin Malm 52:15 8. Karen Rezach 53:30--Herazo had the early lead and was in second at 5 Km in 24:14. Jachno went through in 23:52. Heat and a difficult hill slowed the pace over the second half. **Men's 20 Km--** 1. Simon Baker, Australia 1:25:17 2. Zdzislaw Sztatkin, Poland 1:29:22 3. Marcello Moreira Palma, Brazil 1:31:51 4. Mangun Morenius and Ulf Petter Sjöholm 1:32:36 6. Curtis Fisher 1:32:58 7. Jan Olsson 1:32:59 8. Richard Quinn 1:35:23--Baker lapped all but the second place finisher on the 1-Km loop. Fisher looked stronger as the race progressed and went under 4:30 on his 18th loop. Mike Rohl dropped out at 12 Km. **Men's 5 Km, Ostersund, July 5--** 1. Simon Baker 19:55.6 2. Zdzislaw Sztatkin 19:58.3 3. Marcello Palma 19:59.3 4. Richard Quinn 20:52.3 5. Magnus Morenius 20:54.7 6. Markku Kivimaki, Fin. 21:08.9 7. Curtis Fisher 21:18.9 8. Jan Olsson 21:19.2 9. Mike Rohl 21:29.4 **Women's 3 Km--** 1. Lorraine Jachno 13:38.8 2. Ann Jansson 13:44.2 3. Madelein Svensson 13:46.6 4. Maryanne Torrellas 13:55.9 (Not a member of U.S. team, but vacationing in the area.) 5. Louise Aubin 14:01.1 6. Beata Zgarda 14:05.9 7. Susan Leirs 14:07.5 8. Victoria Herazo 14:09.2 9. Veronik Oqvist 14:34.4 10. Karen Rezach 15:07.3 **Women's 40-50 3 Km--** 1. Bev LaVeck 16:25.5 **Women's 3 Km, Solleftea, July 7--** 1. Marianne Torrellas 13:19 2. Madelin Svensson 13:21 3. Lorraine Jachno 13:25 4. Ann Jansson 13:31 4. Beata Zgarda 13:44 6. Louise Aubin and Victoria Herazo 13:49 8. Susan Liers 13:51 9. Maud Gunnarsson 15:01 10. Karen Rezach 15:22--Torrellas led all the way in breaking her own American record for the distance. **Men's 3 Km--** 1. Simon Baker 11:26 2. Marcello Palma 11:31 3. Zdzislaw Sztatkin 11:32 4. Markku Kivimaki 11:51 5. Richard Quinn 12:00 6. Magnus Morenius 12:03 7. Jan Olsson 12:04 8. Curtis Fisher 12:14 9. Mike Rohl 12:17--of the first five finishers, all but the Finn, Kivimaki, had national records. **Women's 40-50 3 Km--** 1. Bev LaVeck 16:19 **Women's 5 Km, Varby, July 8--** 1. Ann Jansson 23:10 2. Lorraine Jachno 22:38 3. Madelein Svensson 23:40 4. Susan Liers 23:48 (best time in 11 years) 5. Louise Aubin 23:59 6. Victoria Herazo 24:18 7. Beata Zgarda 24:34 8. Veronica Oqvist 24:54 9. Maryanne Torrellas 25:39 10. Maud Gunnarsson 26:05 11. Karen Rezach 26:30 **Men's 10 Km--** 1. Simon Baker 40:35 2. Zdzislaw Sztatkin 42:41 3. Richard Quinn 43:32 4. Markku Kivimaki 43:46 5. Magnus Morenius 43:50 6. Curtis Fisher 43:59 7. Mike Rohl 46:01 **Women's 40-50 5 Km--** 1. Bev LaVeck 28:27.

FROM HEEL TO TOE

In the national 20 Km in Houston, reported last month, Time Lewis and Gary Morgan were together at the 10 Km mark in 42:33. way ahead of the rest, just as

in the 10 and Niagara Falls. Steve Pecinovsky had 44:26, Mark Manning and Curtis Fisher followed in 44:27, Mike Rohl was 45:14, Ray Sharp 45:17, and Reggie Davenport 45:21. The race, incidentally, and the women's 10 Km, were held on the campus of Rice University, not at Texas Stadium as reported last month. . The 1989 U.S. Racewalk Handbook is now available from The Athletics Congress. Edited by Bob Bowman, as usual, it contains schedules, records, rankings, all-time lists, all-time national and international champions, record progressions, U.S. performances in international competitions, and personal statistics on leading U.S. walkers. The cost is \$8.00 (\$10 outside the U.S. and Canada). Order from Book Order Department, The Athletics Congress/USA, PO Box 120, Indianapolis, IN 46206. You can also order the 1989 American Athletics Annual, edited by Hal Bateman. That one costs \$10 (\$12 outside the U.S. and Canada). . Henry Laskau was once again passed over in the vote for the Track and Field Hall of Fame. Selected from this year's class were athletes Milt Campbell and Frank Shorter; coach Ed Temple; and athlete, coach, and administrator Nell Jackson. . Tim Lewis, Paul Wick, and Lynn Weik have been added to TAC's Athlete Support Program by virtue of their wins at the National Championships in Houston. They will receive a stipend of approximately \$4,500 for the 9-month period beginning July 1. . Curtis Fisher and Mark Manning at 20 Km, and Lynn Weik and Sara Standley at 10 Km on the U.S. team for the World University Games August 20-30 in Duisburg, WG.

WORD FROM GOMBOJAB

It had been sometime since faithful reader, Bob Steadman in Lubbock, Texas, has heard from that noted pedestrian, Ts. Gombojab in Outer Mongolia, so we were very pleased when Bob sent us the following communique. Ts. has himself a new word processing typewriter.

Ulaanbatar
1989 June 16

Dear Steadman,

It was good to talk to you on the phone while we were in El Paso last winter. The Government arranged a tour for a team of Mongolian athletes to go to Mexico, Nicaragua, and Cuba. My grandson was not the only one on the last tour to father a Mexican kid, and we both wanted to go and see the little brown ones. The invitation from the Mexican Association said 'solamente atletas esterilizado'. If that means what I think, it explains the long negotiations before we left. As well as managing the team of 24, I had all the hassle of judging some races.

We were taken on a visit to a garment plant in El Paso. All those people sweat more than my walkers. But when the green bus stopped outside, everybody vanished. Comrade, should I have joined those other 150 people in the janitor's closet? The official was very suspicious until I showed him my Mongolian passport.

There was a good indoor meet at Juarez, where some of your Texas athletes were invited. They are more gracious than the Mexicans, who quarrel when they are disqualified. When I waved the red flag at an American, he waved back--that was when I noticed that he had only one finger. The captain of the Texas women's team was a fine big girl. As soon as she took off her track suit and showed us her flight phase, I knew it would be an interesting evening. She, too, turned out to have had all but her middle finger amputated.

Moriland's magazine has been causing us great grief. For years, we have had trouble with a bureaucrat in Ulaanbatar, because he thinks that track and field has been costing too much money. He knows enough English to be dangerous, and is a follower of the American philosopher, Laird. As soon as he read the bit that said 'walking is a progression by steps so taken that unbroken contact with the ground appears to be made', he decreed, 'no more video cameras!' He is so anti-technology that he wants

to rewrite the book, 'The men's discus shall appear to weigh 2 Kg--no more weigh scales; entrants for women's events shall appear to be female--no more sex tests; veteran walkers shall appear to be over 40--no more birth certificates; finalists shall appear to have done the eight fastest times in the heats--no more stopwatches.'

With the Soviet Union going broke, our sport has fallen on hard times. Because of that tight-fisted bureaucrat, there will be no Mongolians at Eugene for the Veteran's Games. Have a good year.

Ts. Gombojab

The old judging controversy:

As we pry Bob's dagger from between our ribs, we will pass on further commentary on the judging issue, this from Ian Whatley in South Carolina by way of England. Bob is in Texas by way of Australia, Canada, and Colorado.

Dear Sir: "

I've been following with interest your latest foray into the question of judging.

Back in the late seventies, I was totally demoralized by the suggestions that came out in the British athletics press that, since walkers were lifting and not being caught, the rules should be changed to allow lifting. The concept of being part of a dressage or subjectively judged event, like springboard diving, was intolerable.

I want to be judged in the same manner everywhere in the world and for the stopwatch to be the only dividing line between the good and the not so good.

Now we are at the same crossroads that walking has reached on a regular basis: Death by ridicule is only a step away. This time, the threat is more apparent since the I.O.C announcement that they felt the summer games were too large and that they were looking at removing some "peripheral" events." (Ed. Let us not forget that the last time they talked like this, the 50 Km disappeared from the 1976 Games and was restored only with considerable effort.)

At the same time, there is a good deal to be gained if we can come up with a consistent, objective judging method. Walking shoes were the fastest growing category for footwear sales in the last 18 months. (NSGA Report this week.) There is a wave of mass participation in 'fitness walking', which should bring the sponsorship and interest we need to drive an internationally competitive racewalker development program.

Creeping may actually be harder to judge in a fully objective manner than lifting. I've experimented with a training method that some other readers may like to try for themselves.

Before starting a technique session, I stand so that my leg is acceptably straight and upright. A helper then holds a plumb line next to my leg and draws a line with an indelible marker. As I walk, even an untrained assistant can tell if my leg is bent as it passes under me.

This might also be a big help in special cases, such as veteran walkers with arthritic knees who cannot fully straighten their legs. Putting indelible marks on athlete's legs is not so odd as it sounds; triathletes have their numbers marked on their legs and shoulders in this way.

Lifting is a far harder point to judge at the extremes of performance. Since the human eye can't detect a flicker in movies at 16 frames per second, it's not surprising that double support, or lack thereof, is not visible.

There has been some clamor in favor of video tape and playback to detect violations, but that has several shortcomings. Most notable is the fact that

judging would be *post hoc* rather than simultaneous. You could blow up chasing some guy who was already DQ'd or you could get in a duel with someone who was flying and end up being pulled after the race.

It wouldn't be a spectator event since no one would know who the real leader was until a few hours after the race. What is required is a computerized method to detect double support during the race.

An electronic judging system is not so far fetched as it sounds. Isn't that exactly the solution track officials used for catching false starts? It would always need human judges as backup, but could reduce the subjective nature of judging and regain respect for walking.

At the NIKE Sport Research Lab, when it was based in Exeter, NH, scientists were experimenting with an ultra-light weight pressure sensitive switches that transmitted the foot/ground contact to a computer. This could be one approach to electronic judging.

Another idea is to place tiny reflectors on the toe and heel of each shoe. As the walkers passed a "radar trap", a transmitter would shoot a beam of infrared light or similar at their feet. If there was not a moment when the reflected beams from both feet were stationary relative to the observer, then the athlete would be lifting.

I doubt that we can muster enough scientific and financial resources to develop and test such devices. There are two possible groups who could. The shoe companies, who stand to make substantial profits from the walking boom, might finance such work. Maybe the IAAF or IOC would put funds into this research. Let's get their help to sort out this problem before it kills our sport.

I'd be interested to hear what you think of these suggestions. With luck, they might spark an idea from another walker that would get us to our goal; an objective manner method of judging racewalks.

CROSS COUNTRY WALKER HONORED ON 30TH ANNIVERSARY OF WALK

by Frank Soby
(from the Michigan Walker)

It's hard to believe a guy who has demonstrated his walking prowess by trekking across the United States would be unable to finish a 3-mile competition--but, then perhaps the events of the day overwhelmed the competitive instincts of Ervin Erkfitz, 79, of West Bloomfield.

Erkfitz was honored during the awards ceremony of the U.M.C.A. race on Belle Isle on May 6 on the 30th anniversary of his record-breaking walk across the nation.

Erkfitz received a plaque from Michigan Walker editor, Frank Soby, in addition to gifts from Sibley Shoes and the ACT Walk Club.

Thirty years ago, Erkfitz walked across the United States. He was motivated by the chance of breaking the 69-day record set by Paul Thienes in 1957 and by promotion money, possibly \$10,000 as reported by one news article.

At the time, Erkfitz lived in Detroit and owned a health-food store on the city's west side.

Morton Hack, the inventor of the ripple sole shoe, invested \$2,000 in the adventure. Supplies and equipment were donated by several health-food distributors. Rambler supplied a car; Erkfitz supplied the legs.

Erkfitz left Los Angeles on Sept. 16, 1958, with three pair of shoes fitted with ripple soles and a flat heel, the Rambler, a driver, and a publicist. The trio followed ROute 66 east to St. Louis and U.S. 40 to New York. Each day, Erkfitz walked an average of 48 miles.

News reports on the walkathon describe Erkfitz as: "A combination of Johnny Appleseed and Merlin and the Seven League boots." (George Malloy, Lewiston, Pa. Press)

Another report refereed to him as the "indefatigable walker and champion talker."

Sixty-seven and one-half days later, Erkfitz arrived in New York. He made an immediate appearance on the prestigious Dave Garraway show. He extolled the virtues of health, diet, and exercise in his evangelistic style of speaking. "Let's use our legs or lose our legs." In Detroit, Mayor Miriani presented the transcontinental walker with the key to the city. But, the notoriety and fortune he sought for his trek across the country never materialized.

Today, Erkfitz keeps busy with the things he loves: exercising, editing a health book, and administering his health-food business. His book, "The Health Poetry Prescription" is Erkfitz' labor of love. It is a compilation of his philosophy on life and articles on health, walking diet, and lifestyle. Interested readers should write Erkfitz at 1541 Bataan, West Bloomfield, MI for book orders.

Our Latest Menu of Racewalking Opportunities

- | | |
|---------------|--|
| Sat. Aug. 12 | 10 Km, Asbury Park, NJ, 8:30 am (D)
5 Km and 3 Km, West Salem, Oregon, 7 pm (A) |
| Sun. Aug. 13 | 1 Hour, Houston (E)
1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O) |
| Sat. Aug. 19 | Doc Tripp Memorial 10 Km, Broomfield, Colorado (F)
10 Km, Houston (E)
5 and 15 Km, Dearborn, Mich., 9 am (Y) |
| Sun. Aug. 20 | 4 Mile, Sisters, Oregon (A) |
| Sun. Aug. 20 | 10 Km, Los Angeles (B) |
| Sat. Aug. 26 | 20 Km, Columbia, Missouri (I) |
| Sun. Aug. 27 | 5 Mile, Red Bank, NJ, 1 pm (D)
1.5 and 3 Km, Alexandria, Virginia, 9:30 am (O) |
| Mon. Aug. 28 | 2-person 10 Km Relay, Long Branch, NJ, 6:30 pm (D) |
| Fri. Sept. 2 | 5 Km, Denver (F)
5 Km, Miami (M) |
| Sun. Sep. 3 | 4 Mile, Seattle, noon (C)
3 Km, Alexandria, Virginia (O) |
| Mon. Sept. 4 | 1/2 Marathon, Woodinville, Wash. (C)
10 Km, Alexandria, Virginia (O)
5 and 10 Km, Denver (F) |
| Thu. Sept. 7 | 2.8 Mile, Seattle (C) |
| Sat. Sept. 9 | 5 Km, Milano, Texas (J)
5 Km, Houston, 8 am (E) |
| Sun. Sept. 10 | National TAC 40 Km, Lincroft, NJ, 9 am (D)
2 Hour (track) Worthington, Ohio (G) |
| Sat. Sept. 16 | 5 Km, Albuquerque, NM (R) |
| Sun. Sept. 17 | 15 Km, Houston (E) |
| Sat. Sept. 23 | North American Masters 30 Km, Cambridge, Mass., 12 noon (H)
5 Km, Houston (E) |

Sun. Sept. 24 5 Mile, Portland, Oregon (A)
 Casimiro Alongi International 20 Km, Women's 5 Km, Open
 10 Km, and other races, Dearborn, Michigan (Y)
 5 Km, Albuquerque, NM (R)
 Sat. Sept. 30 100 Mile, Columbia, Missouri, 1 pm (I)
 Thu. Oct. 5 2.8 Mile, Seattle (C)
 Sun. Oct. 8 National Athletics Congress 2 hour and Women's 1 Hour,
 Cambridge, Mass. (H)

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 E--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
 F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 G--John White, 4865 Arthur Place, Columbus, OH 43220
 H--Justin Kuo, 20 Collier Road, Scituate, MA 02066
 I--Columbia Track Club, P.O. Box 10237, Columbia, MO 65201
 J--Tim Doss, 3300 Parker Lane #254, Austin, TX 78741
 M--Florida Racewalkers, 4223 Palm Forest Dr. N., N. Delray Beach, FL 33445
 O--Steve Schindel, 103 E. Monroe, Alexandria, VA 22310
 R--Joe Sutton, 2818 Solano Dr., Albuquerque, NM 87110
 Y--Wolverine Pacers, 26530 Woodshire, Dearborn Heights, MI 48127

LOOKING BACK

25 Years Ago--In the National 2 Mile at the end of June, Ron Zinn was an easy victor in 13:48.6 with Ron Laird 15 seconds back. . . A week later in Pittsburgh at the Olympic 20 Km Trails, Laird was concentrating and walked away to a 1:34:45 victory on a tough course in rather hot conditions. Zinn came second in 1:36:37 with one John E. Mortland third in 1:37:05, the race going just as the great sage, Chris McCarthy, had predicted in his final edition of the Midwest Walker. An unlucky fourth was Don DeNoon in 1:38:39. Rudy Haluza and Akos Szekely took the next two spots. . . McCarthy captured the National 35 Km in Long Branch, NJ in 2:50:53, 2 minutes ahead of Szekely, with Dean Rassmussen third and Bruce MacDonald fourth in 3:56:19. Mortland led at 15 miles and then decided there were better things to do on a hot day than walk another 10 km. The course was somewhat short, but McCarthy was walking at well under a 3 hour pace.

20 Years Ago (From the July 1969 ORW)--Headline says it was a Laird month--In a 6-week period, he won three national titles and set two American records on off weekends. His titles were at 2 miles, 20 Km, and 35 Km. In his 20, he walked 1:33:41 to beat Tom Dooley (1:35:07) and Bob Kitchen (1:36:27), leading from the start. Bob Bowman, Goetz Klopfer, and John D=Kelly occupied the next three spots. . . The 2 Mile in Miami was an easy win in 13:31.4, with Jim Hanley a distant second. . . The 35 was held on the infamous shopping center course at McKeesport, Penn., and Ron overcame 90 degree heat to beat Canada's Karl Merschenz by nearly 10 minutes in 2:55:57. A Mexican, Pascual Ramirez, was third, followed by Gary Westerfield, Ron Kulik, and Ron Daniel. . . One of Laird's records was at 3 Km with a 12:23 at Compton, Cal. . . The other was 8 miles 746

yards in the hour at Walnut, Cal., with 4,5,6,7, and 8 mile and 10 Km records on the way. . . He topped this all off with an excellent third place behind Paul Nihill and Vladimir Golubnichiy in the US-USSR-British Commonwealth 20 Km, beating Nikolay Smaga. . . In Ohio, Mortland turned in 48:41 10 Km on the track in Cincinnati to beat Paul Reback by a minute and later beat Jack Blackburn on the Van Wert track in a 1:22:35 10 miler in burtal heat. . . John Markon won the 3 and 6 mile races in the National Masters Meet with 24:24 and 50:37, respectively.

15 Years Ago (from the July 1974 ORW)--Nikolay Smaga and Yevgeniy Ivchenko went one-two against the U.S. in a dual meet held in sweltering Durham, NC. The two were given the same time of 1:37:25. Jerry Brown stayed with them for 12 1/2 Km, but then faded and Floyd Godwin, his Colorado TC teammate, took third in 1:38:32. Brown finished in 1:40:31. . . The Soviets swept a Junior meet earlier with Ivan Llika covering the 10 Km in 49:28, 1.2 seconds ahead of his countryman, Nikolai Matveev. Jim Murchie had 50:59 and Steve Herrman 52:55 for the U.S. . . Ester Marquez won the women's National 5 Km in 26:28 with Ellen Minkow and Susan Brodock also under 27 minutes.

10 Years Ago (from the July 1979 ORW)--Pan-American Games titles went to Mexico's Daniel Bautista and Raul Gonzalez. Bautista won the 20 Km in 1:28:15, 2 minutes ahead of Neal Pyke. Todd Scully was third in 1:32:30. Gonzalez had a 4:05:17 in the 50, beating Martin Bermudez by 6 minutes. Marco Evoniuk was third in 4:24:23 and Vincent O'Sullivan fifth in 4:44:20. The Games were held in San Juan, Puerto Rico. . . Pyke finished 13th in 1:25:34 in the Spartakiad in Moscow, won by Nikolai Vinneschenko in 1:22:29. Reiman Salano, Finaldn, was the first non-Soviet in fifth with a 1:23:22, and Maruizio Damilano, soon to be Olympic champ in the same venue, was sixth. Scully was 41st in 1:33:31. . . Chris Hansen covered 8 miles 611 yards to take second to Sweden's Bo Gustafsson in a 1 Hour race in France. . . Bautista did a 1:21:04 world's best in Sweden and Gonzales had a 3:48:56 for 50 at the same site. Bermudez was second in that one in 3:51:15.

5 Years Ago (from the July 1984 ORW)--Tim Lewis finished eight in the National 10 Km at Niagara Falls in 44:15, but won the title. Australia's Dave Smith was first in 40:56, and two Canadians (Guillaume Leblanc and Francois Lapointe) and three more Aussies (Simon Baker, Michael Harvey, and Willi Sawall) followed. . . Peter Timmons and Mel McGinnis were second and third among American walkers. Sawall also won the Master's title (43:36) with Jaan Roos second in 47:55. . . Mexico's Ernesto Canto set a world 20 Km record on the track in Bergen, Norway with a 1:18:40. Norway's Erling Andersen was nearly 2 minutes back. Czech Pavol Blazek (1:21:14) and Raul Gonzales (1:21:49) followed. Marco Evoniuk was 11th in 1:26:43.

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CANADIAN ALL TIME LISTS (From the magazine Athletics)

20kmW

1:21:13	r	Guillaume Leblanc	621	St. Leonard	Oct 5 86
1:24:49a	r	Marcel Jobin	42-	St. Louis de Terrebonne	Jun 19 82
1:26:39.3	t	Francois Lapointe	612	Ottawa	Jul 31 82
1:28:06	r	Michel LaFortune	6511	St. Leonard	Oct 5 86
1:28.18	r	Daniel Levesque	634	Pasadena	Nov 1 86
1:28:19	r	Paul Turpin	6412	St. Leonard	Oct 5 86
1:30:28	r	Gilbert Daoust	6670	New York	May 3 87
1:30:51a	r	Helmut Bocck	52-	Etobicoke	Mar 6 83
1:32:37.1	t	Martin Archambault	612	Ottawa	Jul 31 87
1:32:48	r	Karl Merschenz	36-	Downsview	May 7 66
(1:25:09	r-ncc)	Tim Berrett	- 1	Dearborn, MI	Sep 25 88

5000mW

22:01.09	t	Ann Peel	613	Zagreb, Yugoslavia	Jul 17 87
22:24	r	Janice McCaffrey	611	Hull, Quebec	Aug 4 85
22:40.49	t	Alison Baker	642	Ottawa	Aug 1 87
23:10	r	Laura Rigutto	681	Dearborn, Michigan	Sep 27 87
23:20.52	t	Louise Aubin	664	Ottawa	Aug 1 87
23:30.0	r	Deborah Powell	58-	New York	May 3 87
23:34	t	Joan Bender	631	Varnamo, Sweden	May 19 84
23:50.8	t	Gillian Grant	532	St. John's	82
24:05.10	t	Pascale Grand	674	Cesamitico, Italy	Aug 14 88
24:12	r	Nanci Sweazey (nee Patton)	551	Etobicoke	Mar 27 85

10000mW

45:06	r	Ann Peel	617	New York City	May 3 87
46:41	r	Janice McCaffrey	6114	Rome	Sep 1 87
47:17	r	Alison Baker	645	M d Plata, Argentina	Nov 12 88
47:26	r	Deborah Powell	5825	New York City	May 3 87
48:01	r	Laura Rigutto	6828	New York City	May 3 87
48:25	r	Pascale Grand	673	Columbus, OH	Apr 17 88
49:15	r	Joan Bender	6312	Lomello, Italy	May 26 84
49:22	r	Louise Aubin	664	Vancouver	Mar 28 87
50:01	r	Micheline Daneau	6013	St. Leonard	Oct 5 86
50:46	r	Gillian Grant	632	Islington	May 3 81

The neat cover (reduced) used on Swedish results of the recent international races.

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2. JULI

ELITMARSCHEN

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RESULTATLISTA



CANADIAN LISTS (cont.)

50kmW

5:47:48	r	Marcel Jobin	422	St. Louis de Terrebonne	Jun 20 81
5:48:15	r	Francois Lapointe	6114	Seoul	Sep 30 88
5:58:33	r	Guillaume Leblanc	621	Montreal	Oct 23 83
4:07:23	r	Martin Archambault	614	Rotterdam, HOL	Jun 5 88
4:19:41	r	Glenn Sweazey	543	Etobicoke	May 4 80
4:22:29	r	Felix Capella	30-	Downsview	Jun 16 68
4:25:23	r	Helmut Boeck	524	Etobicoke	May 4 80
4:26:59	r	Alex Oakley	26-	Borden	Sep 28 63
4:27:23	r	Karl Merschenz	36-	Downsview	Jun 16 68
4:28:15	r	Patrick Parrelly	351	North York	Apr 9 78



National 10 Km. Debbie Lawrence, Wendy Sharp, Maryanne Torrellas, and Sara Standley are together early in the Women's National TAC 10 Km in Houston. SPORTSFOTO by John Allen