

Ohio Race Walker  
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# OHIO RACEWALKER

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## The Annual ORW Rankings

The ORW is pleased to announce its 19th Annual World Rankings at 20 and 50 Km, its 17th Annual U.S. Rankings at the same distances, and its 11th Annual Women's 10 Km Rankings, both World and U.S. As usual, these rankings are a subjective judgment on the part of your editor based on performance throughout the year. They are accompanied by lists of the best times at each distance for the year. This year, we probably see the greatest change in names from one year to the next in the history of the rankings.

### World 10 Km Rankings--Women

- |   |  |
|---|--|
| 1. Kerry Saxby, Australia<br>42:47 (1) Sydney 1/14<br>44:06t (1) Brisbane 3/16<br>43:12 (2) World Cup 5/27<br>43:12 (1) Laval 6/25  | 6. Alina Ivanova, USSR<br>42:16 (1) USSR Cup 5/27<br>43:27 (2) USSR Champ. 8/4   |
| 2. Ileana Salvador, Italy<br>45:29 (1) Ital. Champ. 3/12<br>44:37t (1) Milan 4/16<br>44:24 (1) Sesto S.G. 5/1<br>43:24 (3) World Cup 5/27<br>42:40t (1) Rome 6/17<br>44:02 (2) Laval 6/25 | 7. Vera Makolova, USSR<br>43:44 (6) Sochi 2/19<br>43:55 (2) USSR Cup 5.27<br>43:24 (1) Donetsk 7/7<br>43:04 (1) USSR Champ. 8/4      |
| 3. Beate Anders, GDR<br>43:40 (1) Naumburg 5/1<br>43:08 (1) World Cup 5/27<br>45:24 (3) Laval 6/25<br>44:44 (1) GDR Champ 7.21  | 8. Chen Yue Ling, China<br>44:24 (5) World Cup 5/27  |
| 4. Natalia Serbinenko, USSR<br>43:47 (2) Sochi 2/19<br>46:10 (1) Kiev 5/8<br>43:46 (4) World Cup 5/27   | 9. Tamara Kovalenko, USSR<br>44:14 (3) Sochi 2/19<br>44:05t (2) Bergen 4/28<br>44:28 (6) World Cup 5/27<br>43:33 (3) USSR Champ. 8/4 |
| 5. Nadezhda Ryashkina, USSR<br>43:38 (1) Sochi 2/19<br>43:09t (1) Bergen 4/28<br>DNF World Cup 5/27   | 10. Xiong Yan, China<br>44:29 (7) World Cup 5/27   |

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Despite Anders win at the World Cup, Saxby and Salvador get the nod for the first two places off their faster times in other races, world record track performances for each, and decisive wins over Anders at Laval. . Serbinenko was a clear fourth in the World Cup and rates the fourth spot in the rankings. . Ryashkina, although failing to finish the World Cup race, beat Serbinenko earlier and also broke the World Record during the year. . Ivanova and Makolova traded wins in the Soviet Cup and Soviet Championships in very fast times and get the nod over fifth place World Cup finisher Ling. . Kovalenko and Yan, with 6th and 7th in the World Cup get the final two places. . Only four athletes survive from last year's rankings. Saxby was fourth, Ryashkina fifth, Makolova sixth, and Kovalenko eighth.

#### 1989 World 10 Km List

42:16 Alina Ivanova, USSR	45:13 Yelina Panfilova, USSR
42:40t Ileana Salvador, Italy	45:15 Valentina Tsubluskaya, USSR
42:47 Kerry Saxby, Australia	45:16 Monica Gunnarsson, Sweden
43:04 Vera Makolova, USSR	45:20 Maria Roszi, Hungary
43:08 Beatte Anders, GDR	45:22 Yelena Kovner, USSR
43:09t Nadezhda Ryashkina, USSR	45:22 Sari Essayeh, Finland
43:33 Tamara Kovalenko, USSR	45:31 Cui Yingzi, China
43:43 Irina Strakhova, USSR	45:35 Sinaida Svirodenko, USSR
43:46 Natalia Serbinenko, USSR	45:32 Marina Smirlova, USSR
44:06 Olga Kristop, USSR	45:32 Tatyana Titonova II, USSR
44:09t Valentina Shmer, USSR	45:34 Rimma Makarova, USSR
44:12 Natalia Spirodonova, USSR	45:37 Janice McAffrey, Canada
44:24 Chen Yue Ling, China	45:40 Yevgeniya Mikhayeva, USSR
44:26 Tamara Torshina, USSR	45:51 Valentian Ksenofontova, USSR
44:29 Xiong Yan, China	45:51 Sigita Zhargarshona, USSR
44:31 Olga Kardopoltseva, USSR	45:52 Valentina Zibushaya, USSR
44:34 Erika Alfridi, Italy	45:53 Maria Diaz, Spain
44:36 Kathrin Born, GDR	45:53 Irina Shumak, USSR
44:36 Leonarda Yukhenevich, USSR	45:58 Anna Nikitina, USSR
44:39 Tamara Svrotweva, USSR	46:00 Yelena Mikhailova, USSR
44:45 Yelena Saiko, USSR	46:00 Li Chun Zin, China
44:49 Yelena Bronyshova, USSR	46:02 Lisa Langford, UK
44:59 Anna Rita Sidoti, Italy	46:06 Marina Kozneva, USSR
45:00 Tatyana Titonova, USSR	
45:11 Sada Eidikite, USSR	

#### U.S. 10 Km Rankings

1. Lynn Weik	6. Victoria Herazo
48:10 (2) Tampa 4/1	51:20 (1) Tampa 4/1
46:38 (21) World Cup 5/28	50:16 (1) Walnut 6/16
46:45 (1) US Champ. 6/16	49:48 (1) Santa Monica 5/14
49:06 (1) NY Empire Games 8/5	49:58 (7) US CHamp 6/16
	50:05 (2) Brunflo 7/2
2. Teresa Vaill	51:34 (3) Olympic Festival 7/29
48:35 (3) Tampa 4/1	
46:45 (23) World Cup 5/28	7. Susan Liers
47:22 (2) US Champ 6/16	51:10 (6) Tampa 4/1
	50:56 (1) Atlanta 3/5
3. Debbie Lawrence	51:16 (1) WashingtonDC 4/16
47:46 (1) Tampa 4/1	50:01 (8) US CHamp 6/16
48:10 (41) World Cup 5/28	50:52 (6) Brunflo 7/2
48:42 (4) US Champ. 6/16	52:40 (4) Olympic Festival 7/29
48:44 (1) Niag. Falls 7/9	
49:22 (1) Olympic Festival 7/29	8. Sara Standley
4. Wendy Sharp	52:25 (9) Tampa 4/1
49:09 (4) Tampa 4/1	50:58 (2) Walnut 4/23
48:18 (44) World Cup 5/18	49:25 (6) US Champ 6/16
49:08 (5) US CHamp 6/16	53:58 (5) Olympic Festival 7/29
51:41 (2) Olympic Festival 7/29	
5. Maryanne Torrellas	9. Deirdre Collier
52:28 (1) Wash. DC 3/19	53:24 (12) Tampa 4/1
50:09 (5) Tampa 4/1	50:43 (1) Racine 5/13
53:07 (79) World Cup 5/23	50:21 (9) US CHamp 6/16
48:26 (3) US Champ 6/16	54:36 (7) Olympic Festival 7/29
	10. Kim Wilkinson
	52:46 (10) Tampa 4/1
	49:48 (1) San Fran. 5/6
	51:27 (11) US Champ 6/16
	48:58 (1) Seaside 10/21

Weik came back strongly after a year off and after an early season loss to Lawrence in the World Cup trials was superb. . Vaill was also much stronger after the Trials and relegated Trials winner Lawrence (Number One last year) to third. . Wendy Sharp was a clear fourth and Maryanne Torrellas, despite fighting injury all year, was clearly fifth. . Herazo, Liers, and Standley all beat each other sometime during the year, but Herazo was most consistent. . Collier won two of three from Wilkinson, who was unable to produce her best in the major races.

#### 1989 U.S. 10 Km List

46:38 Lynn Weik	50:21 Deirdre Collier
46:45 Teresa Vaill	50:47 Viisha Sedlak
47:46 Debbie Lawrence	51:16 Michelle Rohl
48:18 Wendy Sharp	51:45 Zofia Wolan
48:26 Maryanne Torrellas	52:05 Debbra Van Orden
48:58 Kim Wilkinson	52:07 Karen Rezach
49:25 Sara Standley	52:52 Cindy Perez
49:48 Victoria Herazo	52:53 Cheryl Rellinger
50:01 Susan Liers	53:00 Susan Packard

53:00 Holly Straight	57:10 Mataji Graham
53:07 Chris Rael	57:14 Mary Baribeau
53:09 JoAnn Nedelco	57:16 Janice Sxtabnick
53:20 Martha Iverson	57:21 Bev LaVeck
53:22 Julie Ratner	57:45 Robyn Lewis
53:29 Gayle Johnson	57:48 Kathy Blackmer
53:37 Mary Howell	57:53 Virginia Scales
54:24 Christine Izzo	57:56 Gretchen Eastler
54:32 Annie Rieter	58:04 Heidi Epp
54:32 Patricia Carroll	58:11 Peggy Miller
54:38 Daniela Hairabedian	58:15 Susan Henricks
54:45 Sue Klappa	58:20 Jill Latham
54:47 Lori Seidel	58:28 Karla Snyder
54:54 Susan Westerfield	58:29 Stella Cashman
55:33 Raisa Ajaye	58:37 Jeanne Formosa
55:48 Carmen Jacinsky	58:40 Shiela Smith
56:52 Cindy Paffumi	

World 20 Km Rankings

1. Frants Kostyukevitch, USSR  
1:20:36 (3) Sochi 2/19  
1:20:21 (1) World Cup 5/27
2. Yevgeniy Misyula, USSR  
1:18:54 (1) Sochi 2/19  
1:20:47 (2) World Cup 5/27
3. Mikhail Schennikov, USSR  
(3) World Cup 5/27
4. Roman Mrazek, Czech.  
1:23:07 (1) Olomouc 4/16  
1:22:51 (1) B-Mikulas 5/13  
1:20:56 (4) World Cup 5/27  
1:23:10 (1) Mezidon 6/4
5. Victor Mostovik, USSR  
1:22:07 (2) Naumburg 5/1  
1:21:02 (5) World Cup 5/27
6. Maurizio Damilano, Italy  
1:24:27 (1) Bologna 3/12  
1:21:20 (6) World Cup 5/27  
1:22:01 (2) Ital. Champ. 9/9
7. Walter Arena, Italy  
1:21:45 (7) World Cup 5/27  
1:25:02 (5) Laval 6/25  
1:23:25 (1) World Univ. G. 8/25
8. Pavol Blazek, Czech.  
1:23:27 (2) Olomouc 4/16  
1:25:49 (1) Dubnica 4/22  
1:23:16 (2) B. Mikulas 5/13  
1:21:53 (8) World Cup 5/27  
1:23:13 (2) Mezidon 6/4  
1:24:29 (2) B. Bystrica 7/21
9. Thierry Toutain, France  
1:22:06 (10) World Cup 5/27  
1:23:42 (1) Laval 6/25  
1:23:48 (1) Tours 8/13
10. Jean Claude Corre, France  
1:21:02 (9) World Cup 5/27  
1:24:26 (3) Laval 6/25  
1:24:32 (2) Tours 8/13

The World Cup finish pretty well decided the rankings. One could make a case for ranking Misyula first off his World Road Record in Sochi, but Kostyukevitch came back to beat him soundly in the premier race. . . We move Toutain ahead of countryman Corre off his two decisive wins over Corre following the World Cup. . . Only Damilano (third), Mrazek (fifth), and Schennikov (sixth) remain from last year's rankings. . . If we go back five years, only Damilano remains from the 1984 rankings, but he remains from the 1980 rankings and a couple of years before than, I believe.

1989 World 20 Km List

1:18:54 Yevgeniy Misyulya, USSR	1:22:09 Daniel Plaza, Spain
1:19:29 Valdas Kazlauskas, USSR	1:22:17 Tim Lewis, US
1:20:08 Vladimir Andreyev, USSR	1:22:19 Jose Urbano, Portugal
1:20:11 Grigori Kornev, USSR	1:22:20 Metislav Vexhel, USSR
1:20:16 Ernesto Canto, Mexico	1:22:26 Vladimir Ostrovskiy, USSR
1:20:21 Frants Kostyukevitch, USSR	1:22:33 Igor Lyubomirov, USSR
1:20:22 Yevgeniy Ziakin, USSR	1:22:35 Chris Maddocks, UK
1:20:34 Mikhail SAchennikov, USSR	1:22:37 Martin Bermudez, Mexico
1:20:56 Roman Mrazek, Czech.	1:22:42 Andrew Jachno, Australia
1:20:58 Vyatcheslav Tsherepanov, USSR	1:22:47 Sergio Vicira, Brazil
1:21:02 Victor Mostovik, USSR	1:22:47 Aleksey Pershin, USSR
1:21:21 Maurizio Damilano, Italy	1:22:50 Victor Tsyogin, USSR
1:21:27 Vladimir Druchek, USSR	1:22:52 Jose Marin, Spain
1:21:34 Oleg Troshin, USSR	1:22:57 Nikolay Panfilov, USSR
1:21:36 Ronald Weigel, GDR	1:22:58 Ian McCombin, UK
1:21:37 Igor Polotnikov, USSR	1:23:00 Sergey Korepanov, USSR
1:21:42 Oleg Plastun, USSR	1:23:00 Mikhail Kurushin, USSR
1:21:45 Walter Arena, Italy	1:23:08 Nikolay Kalitka, USSR
1:21:49 Sergey Protsisin, USSR	1:23:15 Volkmar Scholz, WG
1:21:53 Pavol Blazek, Czech.	1:23:17 Sergey Pyatachenko, USSR
1:21:53 Carlos Mercenario, Mexico	1:23:18 Alexander Potashev, USSR
1:22:01 Giovanni DeBenedictis, Italy	1:23:18 Andrei Perlov, USSR
1:22:02 Jean Claude Corre, France	1:23:23 Edel Oliva Davila, Cuba
1:22:06 Thierry Toutain, France	1:23:25 Simon Baker, Australia
1:22:08 Yuriy Begunov, USSR	1:23:26 Giovanni Perricelli, Italy

U.S. 20 Km Rankings

1. Tim Lewis  
1:26:52 (1) Wash. DC 4/16  
1:27:39 (45) World Cup 5/28  
1:27:19 (1) US Champ 6/17  
1:22:17 (1) Alongi Mem. 9/24
2. Gary Morgan  
1:29:23 (4) Wash. DC 4/16  
1:29:13 (55) World Cup 5/28  
1:28:06 (2) US Champ. 6/17  
1:28:51 (2) Alongi Mem. 9/24
3. Mark Manning  
1:29:22 (3) Wash. DC 4/16  
1:30:46 (70) World Cup 5/28  
1:30:23 (3) Houston 6/17
4. Carl Schueler  
1:31:06 (7) Wash. DC 4/16  
1:36:44 (11) US Champ. 6/17  
1:33:00 (2) Olympic Fest. 7/29  
1:28:22 (5) Alongi Mem. 9/24
5. Doug Fournier  
1:29:06 (2) Wash. DC 4/16  
1:41:09 (113) World Cup 5/28  
1:36:27 (10) US Champ. 6/17  
1:39:18 (9) Olympic Festival 9/29  
1:35:24 (11) Alongi Mem. 9/24
6. Curtis Fisher  
1:29:47 (6) Wash. DC 4/16  
1:31:51 (4) US Champ. 6/17  
1:32:58 (60) Brunflo 7/2  
1:37:39 (13) Alongi Mem. 9/24
7. Richard Quinn  
1:31:30 (8) Wash. DC 4/16  
DNF US Champ. 6/17  
1:35:23 (8) Brunflo 7/2  
1:32:23 (1) Olympic Fest. 7/29
8. Reggie Davenport  
1:32:46 (10) Wash. DC 4/16  
1:32:45 (5) US Champ. 6/17  
DNF Olympic Fest. 7/29



9. Herm Nelson  
1:33:56 (7) US Champ. 6/17  
1:34:30 (8) Alongi Mem. 9/24

10. Allen James  
1:37:32 (2) Long Beach 3/19  
1:33:38 (11) Wash. DC 4/16  
1:33:45 (6) US CHamp. 6/17  
1:38:56 (8) Olympic Festival 7/29  
1:33:38 (10) Alongi Mem. 9/24

The first three are very clear cut, but after that, no one showed a lot of consistency and it gets a bit sticky. Schueler came through with a great race at the Alongi Memorial to finish the season and take fourth in the rankings. He also gets fourth if you average the finish of the major contenders in the four big races (DC Cup Trials, National, Olympic Festival, and Alongi). . . Fournier had the great race early, then did little else, but he beat Fisher two of the three times they met. . . Fisher seems clearly ahead of the others for sixth. . . Quinn's Olympic Festival win earns him the seventh spot ahead of Davenport, who had an excellent race at the Nationals. . . Nelson may well have earned a higher slot had he raced the distance more often, but he was concentrating on the 50. . . James noses out Mike Rohl and Curt Clausen for the final spot.

#### 1989 U.S. 20 Km List

- 1:22:17 Tim Lewis  
1:28:06 Gary Morgan  
1:28:22 Carl Schueler  
1:29:06 Doug Fournier  
1:29:22 Mark Manning  
1:29:29 Herm Nelson  
1:29:42 Steve Pecinovsky  
1:29:47 Curtis Fisher  
1:31:30 Richard Quinn  
1:31:46 Paul Wick  
1:32:38 Mike Rohl  
1:32:42 Larry Walker  
1:32:45 Reggie Davenport  
1:33:24 Mike Stauch  
1:33:33 Allen James  
1:33:44 Don Lawrence  
1:33:53 Steve Renard

#### World 50 Km Rankings

1. Simon Baker, Australia  
3:43:13 (1) World Cup 5/28
2. Andrei Perlov, USSR  
3:49:17 (2) Mexico City 3/12  
3:44:12 (2) World Cup 5/28  
3:37:41 (1) Soviet Champ. 8/5
3. Stanislav Vezhel, USSR  
3:44:50 (3) World Cup 5/28
4. Martin Bermudez, Mex.  
3:49:24 (3) Yevpat., USSR 1/10  
3:46:37 (1) Mexico City 3/12

- 1:33:53 Curt Clausen  
1:34:22 Ray Funkhouser  
1:35:04 Bobby Briggs  
1:35:38 Ray Sharp  
1:35:47 Dan O'Brien  
1:35:57 Dave McGovern  
1:36:00 Marc Bagan  
1:36:04 Mark Fenton  
1:36:21 Bob Keating  
1:36:21 Dave Talcott  
1:36:31 Rob Cole  
1:36:49 Jon Marter  
1:37:08 Dan Pierce  
1:37:49 Paul Malek  
1:37:53 Eugene Kitts  
1:38:14 Jon Jorgenson

- 3:47:15 (4) World Cup 5/28

5. Aleksandr Potashev, USSR  
3:48:02 (5) World Cup 5/28

6. Vitaliy Popovitch, USSR  
3:51:14 (3) Mexico City 3/12  
3:49:48 (6) World Cup 5/28  
3:43:57 (3) Sov. Champ. 8/5

7. Vitaliy Matsko, USSR  
3:50:55 (7) World Cup 5/28  
3:43:57 (2) Soviet Champ. 8/5

8. Vyatcheslav Smirnov, USSR  
3:46:08 (4) Soviet Champ. 8/5

9. Valeriy Spitsin, USSR  
3:51:52 (2) Sochi 2/4  
3:50:37 (1) USSR Cup 5/28  
3:48:38 (5) Soviet Champ. 8/5

10. Sandro Bellucci, Italy  
3:53:43 (8) World Cup 5/28

As in the 20, the World Cup was decisive and the Soviets dominate the ranking and the lists. . . The first seven are as they finished in the World Cup. FOUR of these had other good races to support their performance there. . . Eighth and ninth go to two more Soviets who performed very well in domestic races.

#### 1989 World 50 Km List

- 3:37:41 Andrei Perlov, USSR  
3:43:13 Simon Baker, Australia  
3:43:57 Vitaliy Matsko, USSR  
3:43:57 Vitaliy Popovitch, USSR  
3:44:12 Anatoliy Grigoryev, USSR  
3:44:50 Stanislav Vezhel, USSR  
3:46:08 Vyatcheslav Smirnov, USSR  
3:46:14 Andrei Plotnikov, USSR  
3:46:37 Martin Bermudez, Mexico  
3:47:34 Godfried DeJonckheere, Belgium  
3:48:02 Aleksandr Potashev, USSR  
3:48:38 Valeriy SPitsin, USSR  
3:49:33 Valeriy Suntsov, USSR  
3:50:25 German Skurigin, USSR  
3:50:30 Sergei Titov, USSR  
3:51:17 Bo Gustafsson, Sweden  
3:51:17 Rene Piller, France  
3:51:46 Arthur Shumak, USSR  
3:52:40 Aleksey Volgin, USSR  
3:52:43 Jose Pinto, Portugal  
3:53:18 Anatoliy Tikhonov, USSR  
3:53:35 Igor Pasteruk, USSR  
3:53:36 Bernd Gummelt, GDR  
3:53:38 Vladimir Soika, USSR  
3:53:43 Sandro Bellucci, Italy  
3:54:24 Nikolai Frolov, USSR

- 3:54:29 Martial Fesselier, France  
3:55:13 Stefan Johansson, Sweden  
3:56:06 Dennis TGerraz, France  
3:56:13 Hebert Sonnek, Czech.  
3:56:22 Modris Liepinsh, USSR  
3:57:23 Kari Ahonen, Finland  
3:57:35 Jaroslav Makovec, Czech.  
3:57:48 Les Morton, UK  
3:57:53 Laszlo Sator, Hungary  
3:58:01 Li Bao Jin, China  
3:58:22 Guiseppe DeGaetano, Italy  
3:58:41 Miguel Rodriquez, Mexico  
3:59:34 Andres Marin, Spain  
3:59:51 Basilio Labrador, Spain  
3:59:58 Sergei Shildkret, USSR  
4:00:01 Manuel Alcade, Spain  
4:00:17 Pavol Blazek, Czech.  
4:00:43 Jacek Bednarek, Czech.  
4:01:05 Igor Kollar, Czech.  
4:01:49 Peter Scholle, GDR  
4:02:02 Andrei Popov, USSR  
4:02:11 Gregorz Ledzion, Poland  
4:02:26 Sergei Tsimbalyuk, USSR  
4:02:34 Valentin Kononen, Finland

#### U.S. 50 Km Rankings

1. Paul Wick  
4:17:07 (1) US Champ. 3/5  
4:19:42 (51) World Champ. 5/29  
4:06:35 (16) USSR Champ. 8/5
2. Herm Nelson  
4:17:26 (2) U.S. Champ. 3/5  
4:12:44 (41) World Champ. 5/29  
4:08:38 (18) USSR Champ. 8/5  
4:04:24t (1) Seattle 10/29

3. Tim Lewis  
4:13:39 (28) USSR Champ. 8/5
4. Dan O'Connor  
4:24:00 (3) US CHamp. 3/5  
4:20:53 (52) World Champ. 5/29
5. Mike DeWitt  
4:24:42 (5) US Champ. 3/5  
4:22:23 (54) World Champ. 5/29

6. Paul Malek  
4:26:52 (6) US Champ. 3/5  
4:19:24 (5) Arras, Fr. 9/10
7. Eugene Kitts  
4:25:44 (5) US Champ. 3/5  
DNF World Champ. 5/29
8. Mark Green  
4:29:17 (8) US Champ. 3/5  
4:27:59 (7) Arras 9/10
9. Dan Pierce  
4:28:22 (7) US Champ. 3/5  
4:31:23 (8) Arras 9/10
10. Steve Vaitones  
4:32:40 (9) US Champ. 3/5

Nelson had the fastest time with his U.S. track record, but Wick beat him two of three, including his narrow win in the National Championship, so Wick gets the nod. . . Lewis had a good race in the Soviet Championship with no specific 50 Km preparation and gets third. . . O'Connor and DeWitt proved their right to the next two spots on two occasions. . . Malek's good race in France moves him ahead of Kitts, who beat him in the Nationals. . . Likewise, Green moves ahead of Pierce off the race in the French Championships.

#### 1989 U.S. 50 Km List

- |                        |                          |
|------------------------|--------------------------|
| 4:04:24t Herm Nelson   | 4:42:46 Mike Rohl        |
| 4:06:35 Paul Wick      | 4:44:15 Mark Fenton      |
| 4:13:39 Tim Lewis      | 4:58:31 Nick Bdera       |
| 4:19:24 Paul Malek     | 5:02:18 James Campoli    |
| 4:20:53 Dan O'Connor   | 5:03:20t Stan Chraminski |
| 4:22:23 Mike DeWitt    | 5:04:01 Alan Price       |
| 4:25:44 Eugene Kitts   | 5:05:02 Marc Bagan       |
| 4:27:59 Mark Green     | 5:05:26 Adam Pawlik      |
| 4:28:22 Dan Pierce     | 5:09:20 John Stowers     |
| 4:32:40 Steve Vaitones | 5:09:31 James Miner      |

#### RESULTS

**New York City Marathon**--1. Carlos Mercenario, Mexico 3:11:56 2. Chris Maddocks, UK 3:14:38 3. Go Gustafsson, Sweden 3:18:22 4. Andrei Perlov, USSR 3:19:03 5. Herman Sanches, Mexico 3:19:59 6. Giovanni Perricelli, Italy 3:29:22 7. Sandro Bellucci, Italy 3:32:53 8. Maurizio Damilano 3:32:56 9. Dour Gournier 3:54:29 10. Dave McGovern 3:58:41 11. Rob Cole 3:59:57 12. Marco Evoniuk 4:04:49 13. Alan Jacobson 4:08:14 14. Ian Brooks 4:09:38 (1st Master) 15. Gary Null 4:14:25 (2nd Master) 16. John Alfonso 4:17:43 17. Nick Bdera (3rd Master) 4:18:39 18. Joseph Kay (4th Master) 4:19:25 19. Alfio D'Amore (5th Master) 4:20:19 20. Leland Sandifur (6th Master) 4:22:04 21. Franco Pantoni (7th Master) 4:23:16 22. Justin Kuo 4:31:16 23. Jeffrey Tinter 4:34:35 24. Bob Mimm (1st over 50 and over 60) 4:37:25 25. Herbert Zydek (50) 4:39:24 26. Perry Hall (52) 4:39:33 27. Marc Bagan 4:42:24 28. James Brochin 4:46:48 29. Tom Kline (45) 4:52:02 30. Stanley Shecter (56) 4:53:19 31. Norman Frable (44) 4:56:29 32. Terry DiFilippo (43) 4:56:34 33. Elliott Denman (55) 4:58:31 (70 finishers) **Women:** 1. Teresa Vaill 3:50:18 (better than the first U.S. male) 2. Susan Liers 4:20:17 3. Karen Rezach 4:21:46 4. Janice Sztabnik 4:32:21 5. Julie Ratner (42) 4:48:30 6. Lynn Edlen-Nezin 4:59:25 7. Linda Roesner (49) 4:59:25 8. Rhoda Green (56) 4:59:27 9. Patrisha Savage (44) 4:59:41 10. Patti Ditzel 5:06:06 (35

finishers) **10 Miles, New York City, Dec. 10--1.** Gary Null 1:21:15 2. Alan Jacobson 1:27:22 **4 Miles, New York City, Dec. 17--1.** Gary Null 30:30 2. Geroge Kalsas 36:43 3. Laurie Ann Bishop 40:27 **5 Km, Beaver Island, NY--1.** Dave Lawrence 24:47 2. Bob Lubelski 28:24 3. Cheryl Rellinger 28:27 4. Nelson Fisher 28:35 5. Greg Wittig 30:56 (53 finishers) **4 Mile, Buffalo--1.** Cheryl Rellinger 36:04 2. Bob Lubelski 36:13 **8 Km, Buffalo--1.** Dave Lawrence 38:17 2. Bob Lubelski 45:33 3. Dick Bales 46:43 **5 Km, Buffalo (no dates on any of these)--1.** Dave Lawrence 27:39 2. Cheryl Rellinger 27:43 3. Julius Reif 31:09 **South Carolina 20 Km, Marion, Oct. 14--1.** Dave Waddle 1:41:26 2. Ian Whatley 1:42:27 3. Bill Bauer 2:08:24 4. Jerry Newsome 2:09:59 **Citrus Bowl Half-marathon, Orlando, Florida Dec. 9--1.** Paul Cajka 1:55:41 2. Harold Rapp 2:16:37 **5 Km, Coconut Creek, Florida, Nov. 11--1.** John Fredericks (41) 25:25 2. Paul Cajka 26:58 3. Terry Harville 28:05 4. Bill Halford (48) 28:06 (34 finishers) **1 Hour, Fort Lauderdale, Florida, Oct. 21--1.** Bill Halford 10,363 meters 1 Hour, Boynton Beach, Florida, Oct. 22--1. Al Cruzado (49) 10,384 meters 2. Robert Fine (58) 10,203 **1 Hour, Orlando, November 4--1.** Paul Cajka 111,264 meters 2. Morris Rashy (56) 9933 **1 Hour, Austin, Texas, Nov. 9--1.** John Knifton 11,913 meters (1st over 50) 2. Bob Rhode 11,087 (1st 40-44) 3. Dave Gwyn 10,995 **Women's 10 Km, same place--1.** Heidi Epp 58:04 **5 Km, Denver, Oct. 22--1.** Bill Hutchinson 22:58 2. Judy Hablitzel (41) 30:44 3. Bob Carlson (64) 30:58 (34 finishers) **5 Km, Denver, Oct. 28--1.** John Tarin 29:07 **1/2 Marathon, Spearfish, S.D., Aug. 19--1.** Brad Knutson 1:54:42 2. Bernie Finch 2:08:48 3. Kathy Finch 2:13:21 **5 Km, Rapid City, S.D., Aug. 26--1.** Bernie Finch 25:42 2. Kathy Finch 28:38 **Rapid City Marathon, Sept. 3--1.** Bernie Finch 4:57:21 2. Brad Knutson 4:59:33 3. Kathy Finch 5:19:57 4. Craig Haugaard 5:49:03 **15 Km, Spearfish, S.D., Nov.--1.** Bernie Finch 1:27:01 2. Kathy Finch 1:31:58 **8 Km, Rapid City, S.D., Nov. 23--1.** Bernie Finch 44:26 **5 Km, Rapid City, Dec. 5--1.** Bernie Finch 27:48 **10 Km, Albuquerque, N.M., Nov. 11--1.** Andrew Smith (40) 51:40 2. Larry Martinez 56:22 3. Larry Feise 57:11 **Women:** 1. Mataji Graham 57:10 **2 Mile, same place--1.** Henry Davis 19:56 **Women:** 1. Kathy Jo Lovell 19:17 **5 Km, Peoria, Ariz., Sept. 16--1.** Joe Cameron 28:15 **20 Km, San Francisco, Nov. 19--1.** Richard Quinn 1:40:45 2. Mark Green 1:41:27 3. Chuck Marut (51) 1:46:33 4. Jimenschau 1:58:11 5. Fred Dunn (60) 1:58:50 . . . 7. Donna Gilliland 2:13:26 **5 Km, Sunnyvale, Cal., Nov. 12--1.** Ron Daniel 25:28 2. James Lanschau 25:31 3. Jonathan Matthews 27:08 4. Bryan Winter 28:51 5. Donna Gilliland 30:02 6. Sandy Womack 30:05 **2 Mile, Salem, Oregon, Nov. --1.** Donna Houle 18:08 2. Carolyn Kortge 18:17 3. Cavia Spotts 20:35 **Indoor 10 Km, Toronto, Dec. 9--1.** Dan O'Brien, U.S. 46:52 2. Jeff Cassin 47:36 3. James Kilburn 48:52 4. Jaan Roos (1st over 50) 52:14 5. Roman Olszewski 52:25 **French 50 Km Championship, Arras, Sept. 10--1.** Godfried DeJonckheere, Belgium 3:47:34 2. Rene Piller 3:51:17 3. Thierry Nuttin 4:12:51 . . . 5. Paul Malek, US 4:19:24 . . . 7. Mark Green, US 4:27:59 8. Dan Pierce, US 4:31:23 **20 Km, Salem, Ore., Sept. 4--1.** Steve Renard 1:33:53

#### WALKS IN THE WINTER WONDERLAND (AND IN WARMER CLIMES)

- |              |  |
|--------------|--|
| Sat. Jan. 6  | 1 Mile (Indoor), Maple Heights, Ohio, 9 am (A)   |
| Sun. Jan. 7  | 1/2 Marathon, Salem, Oregon (D)                  |
| Sun. Jan. 14 | Women's 3 Km, Men's 5 Km (Indoors), Toronto (G)  |
| Sat. Jan. 20 | 10 Km and 10 Mile, Tacoma, Wash. (C)             |
| Sun. Jan. 21 | 10 Mile Handicap, Pasadena (B)                   |
| Sun. Jan. 28 | 2 Mile, Boulder, Colorado (F)                    |
| Sat. Feb. 4  | 1500 meters, Tempe, Arizona (E)                  |
| Sat. Feb. 10 | Women's 3 Km, Men's 5 Km, Toronto (G)            |
| Feb. 17-25   | Arizona Senior Olympics 1500 meters and 5 Km (E) |



**Contacts**

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 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106  
 C--Bev LaVeck, 6633 Windermere Rd., Seattle, WA 98115  
 D--Jim Bean, 4658 Suhrer St. NE, Salem, OR 97305  
 E--Arizona Walkers Club, 5615 East Argyle Dr., Phoenix, AZ 85018  
 F--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 G--Roman Olszewski,  
 # # # # #

**NATIONAL RACES, 1990**

- Feb. 23 National Indoor Championships--Women's 1500 meters, Men's 5 Km, Madison Square Garden, New York. Contact: Chariman, T&F Committee, The Athletic Congress, P.O. Box 427, Crugers, NY 10521.
- March 24-25 Masters Indoor T&F Championships, Men's and Women's 3 Km, Madison, Wisconsin; Contact: Peter Tagan, 1702 Lynndale, Madison, WI 53711, Phone 908-233-8304
- April 8 50 Km, Junior Men's 20 Km, Atlanta, Georgia. Contact: Barbara Waddle, 2327 Redfield Drive, Norcross, GA 30071. Phone 404-283-9625.
- May 6 Women's 20 Km, Raleigh, North Carolina. Contact: Bill Hafley, 5207 Melbourne, Raleigh, NC 27606. Phone 919-737-2881 or 919-851-7317 (H).
- May 12 5 Km, Bethany, Oklahoma. Contact: Ron Marlett, 5736 NW 46, Oklahoma City, OK. Phone 405-495-0180 (H) or 405-495-2870.
- May 19 Junior Women's 3 Km, Men's 5 Km, Dedham, Massachusetts. Contact: Steve Vaitones, 90 Summit St., Waltham, MA 02154. Phone 617-893-6213.
- June 15-16 Outdoor Championships, Women's 10 Km, Men's 20 Km, Cerritos, California. Contact: Dan Shrum, 1100 N. Grand Ave., Walnut, CA 91789. Phone 714-620-8720 (H) or 714-594-5611, ext. 875.
- June 30-July 1 Junior Championships, Women's 5 Km, Men's 10 Km. Fresno, California. Contact: Ken Dose, 1101 E. University Ave., Fresno City College, Fresno, CA 93741. Phone 209-431-4844 (H) or 209-442-4600.
- July 7 10 Km, Niagara Falls, New York. Contact: David Lawrence, 94 Harding Ave., Kenmore, NY 14217. Phone 716-875-6361.
- July 6-8 Youth Championships, 1500 - 3000 meters, Spokane, Washington. Contact: Vernie G. Foxley, S. 2016 Manito Place, Spokane, WA 99203. Phone: 509-624-6911 (H) or 509-536-7228.
- Aug. 2-5 Masters Championships, 5 and 20 Km, Indianapolis, Indiana. Contact: Marshall Goss, Assembly Hall, Indiana University, Bloomington, IN 47405. Phone 812-855-8583.

- Sept. 9 40 Km, Lincroft, New Jersey. Contact: Elliott Denman, 28 N. Locust St., West Long Branch, NJ 07764. Phone 201-222-9213.
- Oct. 7 30 Km, East Meadow, New York. Contact: Gary Null, 200 W. 86th St., #17A, New York, NY 10024. Phone 212-382-0658.
- Oct. 14 1 Hour and 2 Hour, Cambridge, Massachusetts. Contact: Phil A. McGaw, 158 Blue Hill Ave., Milton, MA 02186; Phone 817-898-1806.
- Nov. 4 100 Km, Atlanta, Georgia. Contact: Barbara Waddle, 2327 Redfield Dr., Norcross, GA 30071. Phone 203-535-1309 (H) or 203-464-9600.

**FROM HEEL TO TOE**

At the National TAC Convention, Tim Lewis (20 Km), Paul Wick (50 Km), and Lynn Weik (Women) captured Ron Zinn Memorial Awards as the top performers in 1989. Zinn Awards also went to Bob Bowman as the top contributor to the sport for the year and the Georgia Association as the outstanding to racewalking for 1989. . The 1991 World Cup, now officially set for San Jose, will be held on a 2500-meter loop on paved streets in the city's downtown area. This course is very flat (only a 3-meter difference in elevation), will be 10 to 15 meters wide in both directions, and will be free off traffic for the races. Headquarters will be at the Fairmount Hotel, across the street from a park in which the race will start and finish. Teams will be housed in resident halls at San Jose State University, just 800 meters from the course. . Dr. Glen E. Peterson in Sioux Falls, S.D. is now keeping track of all Masters results in race walking in order to compile ranking lists for *National Masters News*. You can send results to Dr. Glen E. Peterson, Director of Marketing, Sioux Falls YMCA, 230 S. Minnesota Ave., Sioux Falls, SD 57102. . Gordon Wallace's completion of his Ph.D. at age 79 with a dissertation on walking (see earlier issues) brought him and the sport a lot of publicity. For example, a press release from the University of Texas was picked up by Paul Harvey and used on his national radio broadcast on May 9. It was also picked up by the Associated Press and hit many papers across the U.S. on May 10. National Public Radio had a five-minute segment on May 18. Gordon was interviewed by *Mature Life Features*, by the *Army Times*, by *Prevention Magazine*, and by *The Walking Magazine* and was featured in each. . Bev LaVeck lets me know that there are six, not four, female U.S. centurions (those who have walked 100 miles in 24 hours or less). I'm not sure now when these pages said there were four, but we are glad to set the record straight. In addition to Bev herself, the ladies are Elsie McGarvey, Lizzie Kemp (now Kemp-Salvato), Chris Custer, Katy O'Classen, and Vida Roubedeaux.

**LOOKING BACK**

20 Years Ago (From the Dec. 1969 ORW)--It was reported that the IAAF had passed a rule to the effect that all shoes worn in track and field competition, including walking, were to be solid white. Had to do with advertising and payments to athletes. Apparently, it was just proposed and never passed or someone buried it, realizing it was unworkable. As we pointed out then, it would not have been beneficial to walkers--contact appears more distinct the darker the shoe. Or so it was always said, and it appeared to be true in movies I took of Chris McCarthy in 1964 in which he walked wearing one white shoe

and one black shoe. . . The ORW made a Man of the Decade Award to Charlie Silcock and a Walker of the Decade Award to Ron Laird. Ron Zinn, Rudy Haluza, and Larry Young ranked behind Laird for the latter award. . . Goetz Klopfer did 20 Km in 1:32:24 on a San Francisco track.

**15 years ago** (From the Dec. 1974 ORW)--Jack Boitano, the National Race Walking Chairman, won the Coney Island 10 Mile Handicap in 1:34:43. Fast time honors went to Ron Laird with a 1:13:29. . . Laird also scored a 1500 meter/2 Mile double at an indoor meet in Pittsburgh with a 6:06.7 and 14:05. . . Included in this issue were some interesting excerpts from a 1910 book on race walking by Hugh Innes.

**10 Years Ago** (From the Dec. 1979 ORW)--Mexico's Daniel Bautista, winner of the World Cup in a blazing 1:18:49 and with a world record of 1:20:07 on the track, led the ORW World 20 Km rankings. His teammate, Domingo Colin, was second, ahead of three Soviets. Mexicans Raul Gonzales, Martin Bermudez, and Enrique Vera were ranked 1-2-3 in the 50. Gonzales faded to fourth in the World Cup, but had a World Record 3:41:39 on the track. Great Britain's Marian Fawkes was ranked number in the Women's 10 Km. Leading the U.S. rankings Neal Pyke (20 Km), Marco Evoniuk (50), and Susan Liers (10 Km). . . Canada's Marcel Jobin led the National 25 Km race in Las Vegas with a 1:52:57. Jim Heiring, with 1:57:28 in second, claimed the U.S. title ahead of Marco Evoniuk, with Ray Sharp, Dennis Reilly, and Tom Dooley following. . . Jobin also won the National 35 Km in Houston, his 2:37:16 leaving John Knifton better than 18 minutes behind. Dooley and Bill Ranney were next. . . Chris Hansen stormed through 10 Km in 43:06 in Seattle with Steve DiBernardo second in 44:29. . . In Kiev, Soviet Nikolai Udovenko bettered the listed World 30 Km Record with a 2:08:16 on the track, but was short of Jose Marin's 2:08:00 earlier in the year.

**5 Years Ago** (From the Dec. 1984 ORW)--Leading the World Rankings for that year were Mexico's Ernesto Canto (20 Km), the GDR's Ronald Weigel (50 Km), and Olga Kristop, of the USSR (10 Km). Top ranked in the U.S. were Marco Evoniuk (20 Km), Carl Scheuler (50 Km), and Ester Lopez (10 Km). . . The issue included a report by Dr. Howard Palamarchuk on TACs first Racewalk Sports Medicine and Science Seminar.

### From the November 1989 Running Journal

#### Mexican Racewalk Coach Share Secrets of Success

by Wayne Nicoll

On a recent trip to Georgia, we spend a rainy weekend in Atlanta attending the International racewalk events hosted by the Walking Club of Georgia. Through the combined efforts of Jerry and Juliette Newsome and Dave and Barbara Waddle, the club created and hosted a *bona fide* international event that included an elite women's 5 Km, an elite men's 10 Km, and a 5 Km for recreational and less serious racewalkers. . .

They invited from Canada one of the renowned racewalk coaches in the world, Jerzy Hausleber. Although his name would mean little to novice walkers, it would be the equivalent of inviting a legendary coach like Arthur Lydiard to speak at a run.

As he is one of the most visible successful coaches in the world, I had read about Hausleber for years; but I had no idea I would meet him in Atlanta and hear his philosophies on training and racing. Two decades ago (Ed. Actually, 1966. Ron Laird and I were fortunate to spend some time with him in Poland the year before.) he moved from Poland, where he had been both a successful athlete and coach, to Mexico to build a racewalk program there. In a few years, he turned Mexico into one of the racewalking powerhouses in the world, challenging the dominance of East European countries and producing several Olympic and world medalists.

Hausleber recently accepted the position of national racewalk coach in Canada. He spoke both at the banquet and in an informative, inspiring clinic after the races. Several of his messages bear repeating.

Walkers nowadays are achieving much faster speeds because they have increased the cyclic rate of movement and have extended the length of their stride, Hausleber said. Thus, the walker is taking more steps per minute and is gaining distance on each stride by a moderate extension of the stride. But despite the faster speeds, walkers are still meeting the requirements of maintaining contact with the ground and straightening the supporting leg, he said. (Ed. The next couple of paragraphs were reprinted in last month's ORW in our commentaries on judging, and are not repeated here.)

Hausleber's training techniques include ample warmup and cool-down time (walking slow figure-eight patterns on a parking lot for 15 minutes before and after training) and rigorous attention to detail in correct walking form.

His athletes strive for efficiency of form, such as elimination of duck-footed walking and walking with feet striking two parallel lines, rather than on the same line, tightrope fashion. When the duck-footed walker's feet are straightened, the foot is immediately gaining distance by pointing straight ahead. The walker who walks with his feet spread apart is not taking full advantage of his hip rotation, which will extend his stride.

Hausleber stressed long-distance training with not more than two track workouts a week. One rest day per week is programmed. He emphasizes hill work. This may come as a surprise to American walkers who have been spoiled with flat loop courses in the U.S. Hill work on the road is substituted for weight work in the gym, since the body is lifting weight as the hill is climbed.

Hausleber is highly critical of the swimming and gymnastic programs that turn their sports into grinding work sessions, probably causing severe psychological problems for the youthful athlete. He is determined that racewalk training under his supervision will be free of monotony and undue stress. He varies training routes and daily programs as much as possible and develops strong ties of mutual respect with his athletes.

Hausleber feels racewalking is a sport that can be enjoyed throughout one's life. To my surprise, there is little running in his racewalk training program because earlier studies revealed that walkers without run training proved to be better than those with running in their programs. He advocates that young athletes participate in a wide variety of sports. The dedication to a specific sport should not come until the athlete is 16 or older.



Throughout the weekend I compared the success of the Mexican program with what I know of the U.S. program. We have excellent facilities, a wide range of technology available in sports medicine and biomechanics, and a full racing program, but we have never measured up on the international scene.

In Mexico, and now in Canada, it appears to be a matter of the complete commitment of a highly skilled and personally disciplined coach, a dedicated pool of talented athletes willing to accept the disciplined nature of the training, and adequate financial resources.

From the *N.J. Record*, Sept. 10, 1989

# From smoking to leader of the pack

By Charlie Lentz  
Record Staff Writer

## WASHINGTON TOWNSHIP

Marie Henry has achieved a measure of athletic fame literally by just putting one foot in front of the other. But the champion race walker took her most important step toward success eight years ago.

"Both my daughter and husband had given up smoking. They were after me to give it up," said Henry, 65. "I knew I would have to find a substitute for it."

Henry was able to drop the cigarette habit she had shouldered for 40 years. Now she's simply smoking opponents. She currently holds four national age-group records and one age-class record.

For her achievements, Henry was named the Masters Racewalker of 1988 by The Athletics Congress (TAC). TAC is the governing body for track and field in the United States and the award was symbolic of the top race walker 40 years and older in the nation.

Eight years ago, Henry garnered the determination to quit her pack-a-day habit. She was inspired by her son Neil, an ultramarathoner, and she soon discovered walking as an outlet. Henry quickly became a dedicated walker, crediting an early interest in dance with giving her the talent to excel at her new interest. She started ballet and tap lessons when she was 11 years old and continued to dance until her early twenties.

"My dancing background was very helpful," said Henry. "I'm a firm believer that every dancer is an athlete. Fred Astaire and Gene Kelly — they're superb athletes. I fully believe if youngsters are given some kind of dance lessons that it's an excellent base."

Her dance discipline may account for her excellent race-walking technique. Marie's

husband, Don, said she's a natural at race walking. The sport demands strict attention to form. In race walking, one foot must be on the ground at all times. The knee must be straight while the support leg passes under it. The race walker lands the foot on the heel and pushes off with the entire leg. The arms are used as well as the legs; they should be kept bent at the elbow and are swung parallel to the body like pendulums.

Henry has mastered the technique and she put together a string of impressive performances last year. She won the New Jersey TAC 1-mile and 5-kilometer (3.1 miles) races. She also captured the TAC Eastern Regional 5K and the TAC Southeastern Regional 5K. Henry also was victorious at the TAC Nationals in the 10K, 20K, 40K, and 50K (31.1 miles) events.

She currently holds four national age-group records in the 65-69 year-old division (15K in 1:50.31, 20K in 2:28.01, 3K in 20:26, and distance covered in one hour, 5 miles, 829 yards.) In the 60-64 year-old division she set the standard in the 50K with a time of 7:27.49.

Henry said she could not have achieved any of her success without the support of

her husband, Don, whom she calls her coach, mentor, morale booster, and chauffeur. The Henry's put 30,000 miles on the family van over the past year en route to competitions throughout the country.

Although she isn't overjoyed with training. Henry loves the benefits from a good workout.

"For me it keeps the gray matter going," Henry said. "Getting out on the road is my time."

Henry will test herself once more today at the 51st annual National TAC Race Walking Championship at Brookdale Community College in Lincroft. The event is a 40-kilometer (24.8 mile) race and the top race walkers in the country are expected to compete. Henry has to be rated as a favorite in her division.

Winning is only a secondary concern for Henry. She's grateful for the fitness benefits of the sport and hopes that her example can serve as a model for older people who want to improve their physical condition.

"There's a walking boom — health walking, fitness walking," said Henry. "Just go out and walk. Put one foot in front of the other."

