

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202

OHIO RACEWALKER



VOLUME XXVII, NUMBER 12

COLUMBUS, OHIO

FEBRUARY 1992

Fast times indoors

3 Km, Paris, Jan. 25--1. Madeleine Swensson, Sweden 12:14.01 **2.** Yelena Nikolayeva, CIS 12:30.62 **Natalia Serbinenko, CIS 12:35.85** **US Air Invitational 3 Km, Johnson City, Tenn., Jan. 25--1.** Michelle Rohl 13:05.81 **2.** Victoria Herazo 13:19.06 **3.** Laura Rigutto, Can. 13:39.78 **Mobil 1 I Mile, Fairfax, Virginia, Feb. 9--1.** Debbi Lawrence 6:18.03 **2.** Michelle Rohl 6:18.07 **3.** Teresa Vaill 6:28.53 **Millrose 1 Mile, New York, Feb. 8--1.** Tim Lewis 5:51.64 **2.** Gary Morgan 5:55.73 **1 Mile, Richfield, Ohio, Feb. 15--1.** Debbi Lawrence 6:21.09 **2.** Victoria Herazo 6:29.21 **Yomiuri Chitose, Osaka, Japan, Feb. 11--1.** Yuko Sato 12:55.78 **2.** Tina Poitras, Canada 12:57.74 **3.** Miki Itakura 12:58.22 **Snowflake 4.3 Mile, Needham, Mass. Feb. 9--1.** Phil McGaw 35:15 **2.** Bob Ullman 38:03 **3.** Justin Kuo 38:15 **4.** George Lattarulo 40:50 **5.** Charlie Mansbach 42:00 **6.** Bill Murphy 42:29 **Women: 1.** Carol Kuo 48:02 **2.** Christopher Corkery 48:27 **3.** Stacey Slavkin 48:59 **Women's Indoor 3 Km, Brighton, Mass., Jan. 26--1.** Maryanne Torrellas 13:51.2 **2.** Gretchen Eastler 14:25.9 **3.** Gerilyn Buckhole 14:54.1 **4.** Kaisa Ajaye 15:04.9 **5.** Melissa Baker 15:05.1 **6.** Karen Rezach 15:12.8 **7.** Deborah Iden 16:03.9 **8.** Lisa Mills 16:18.8 **3.8 Mile, Brockton, Mass., Feb. 17--1.** Steve Vaitones 28:15 **2.** Brian Savilonis 29:17 (1st 40-44) **3.** Phil McGaw 30:18 (2nd 40-44) **4.** Joe Light 31:03 (3rd 40-44) **5.** Tom Knatt 31:21 (1st 50-54) **6.** Justin Kuo 31:43 **7.** Bob Ullman 31:43 (4th 40-44) **8.** Paul Schell 32:27 (2nd 50-54) **9.** Ken Mattsson 32:57 **10.** Dich Ruquist 34:37 (3rd 50-54) **11.** George Lattarulo 35:13 (5th 40-44) **12.** Charlie Mansbach 35:31 (1st 45-49) **13.** Bob Falcicola 36:18 (2nd 45-49) **14.** John Gray 37:13 (1st 65-69) **15.** Fred Brown 58:01 (1st 85-99) (21 finishers) **Women: 1.** Evelyn Bandlow 37:01 **2.** Carol Kuo 40:06 (1st 40-44) **3.** Maureen Robinson 41:34 (11 finishers) **5 Km, Grand Island, New York, Nov. 24--1.** Dave Lawrence 26:56 **2.** Bob Lubelski 28:13 **3.** Howard Jacobson 28:18 **4.** Doug Harty 29:18 **5.** Jim Eastwood 29:25 **6.** Leon Stein 29:46 **7.** Marilyn CHute 29:47 (33 participants) **5 Km, Buffalo, Nov. 30--1.** Dave Lawrence 24:47 **2.** Bob Lubelski 27:03 **3.** Doug Harty 28:28 (18 participants) **5 Km, Buffalo, Dec. 7--1.** Bob Lubelski 26:05 **2.** Doug Harty 28:50 **3.** Leon Stein 29:41 (44 participants) **5 Km, Erie, Pennsylvania, Dec. 14--1.** Bob Lubelski 26:34 **2.** Greg Wigham 27:26 **3.** Bob Sontheimer 27:30 (41 finishers) **5 Km, Virginia Beach, Virginia, Jan. 18--1.** Suzanne Stansfield 29:07 **2.** Maggie Young 30:20 (both 40-49 age group) **1 Mile, Virginia, Beach, Dec. 14--1.** Dennis Hughes 8:05 **2.** William Leggett 8:14 **3.** Gregory Haase 8:19 **4.** Joseph Verdirame 9:02 **Women: 1.** Maria Smith 9:54 **5 Km, Orlando, Florida, Feb. 8--1.** Lewis Rothlein 26:58 **2.** Chuck McLaughlin (50-54) 27:11 **3.** Jim Mallone (40-44) 29:17 **Women: 1.** Deborah Tossas 29:22 **5 Km, Winter Park, Florida, Jan. 18--1.** Lewis Rothlein 25:54 **2.** Burns Hovey 26:49 **3.** CHuck McLaughlin (50-59) 27:59 **4.** Steve Christleib (40-49) 28:06 **4.** Ken Cutler 28:46

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

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8 Km, Winter Park, Jan. 25--1. Chuck McLaughlin 45:54 2. Robert Carver 31:37 3. Steve Christlieb 51:38 **5 Km, Ft. Lauderdale, Florida, Feb. 1**--1. John Fredericks (44) 24:10 2. Peter Black (49) 27:25 3. Brian Mair (50) 29:14 4. Stanford Blake (43) 29:53 5. Gustave Davis (54) 30:16 (24 finishers) **Women:** 1. Linda Stein (44) 27:15 2. Sondra Vladem (37) 28:17 3. Tamar Shendrell (26) 28:38 4. Louise Tolson (41) 29:22 5. Elizabeth Nelson (42) 30:06 6. Donna Pape (39) 30:07 (65 finishers) **Midwest Masters 3 Km, Cincinnati, Feb. 16**--1. Rick Engel (30-34) 15:03 2. Jack Blackburn (55-59) 16:12 3. Jim Spitzer (60-64) 17:13 4. Chuk Deuser (60-64) 17:49 5. Bill Learmonth (50-54) 17:56 6. Bruce Roginson (40-44) 18:09 6. Kedrick Sanders (50-54) 18:11 8. Ken Kroner (40-44) 18:28 9. Don Hart (45-49) 18:41 10. Hugh Yeomans (75-59) 22:18 **Women:** 1. Lenore Norris (30-34) 18:39 2. Bonnie Schleuter (35-39) 18:44 3. Valerie Hart (45-49) 20:13 4. Ernestine Yeomans (70-74) 22:25 5. Diane Frideman (70-74) 23:07 **5 Km, Denver, Jan. 18**--1. Sally Richards-Kerr 26:54 2. Peggy Miller 27:42 3. John Tarin 28:25 4. Daryl Meyers (49) 28:42 **5 Km, Denver, Jan. 26**--1. Sally Richards-Kerr (39) 26:09 2. Daryl Meyers 28:11 3. Charlie Brown 30:08 (25 finishers) **Indoor 2 Mile, Boulder, Colorado, Feb. 2**--1. Bob DiCarlo (57) 17:26 2. Sally Richards-Kerr 17:36 3. Mike Blanchard 18:09 4. Daryl Meyers 18:36 **10 Km, Paramount, Cal., Jan. 11**--1. Allen James 42:09 2. Francene Bustos 50:05 3. Richard Lenhart 51:04 4. Wayne Wurzbarger (50) 54:48 5. Carl Acosta (57) 56:26 6. Steve Lein=tner (45) 57:15 7. Richard Oliver (55) 57:39 8. Dick Guthery (56) 58:05 9. Carmen Jacinski 60:06 **5 Km, Redondo Beach, Cal., Jan. 26**--1. Allen James 23:19 2. Murray Day 23:48 3. Todd Scully 24:04 (A great name from the past pops into the results after a long absence) 4. Richard Lenhart 25:14 5. Wayne Wurzbarger 26:57 7. Steve Lein=tner 27:35 7. Ronald Bauers 27:51 8. Dave Snyder 28:13 9. Ken Walker 29:08 10. Arnold Levick 29:59 **Women:** 1. Francene Bustos 24:08 2. Sara Standley 24:08 3. Margaret Govea 27:12 4. Donna Cunningham 29:09 **Women's 20 Km, Novosibirsk, USSR, Sept. 14**--1. Smyslova 1:32:38 2. Ryashkina 1:33:13 3. Ragozina 1:35:12 4. Makolova 1:35:12 5. Sviridenko 1:35:36 **10 Km (track), Odessa, July 25** (obviously, these are rather late results)--1. Kovalenko 44:55 2. Sviridenko 45:35 **50 Km, Podebrady, Czech., Sept. 28**--1. Leonid Volgin 3:51:39 2. Kastutis Jezepcikas 3:51:39 3. Dudas Gyula, Hungary 3:55:18 4. Risat Safikov 4:00:00 5. Juozas Klickya 4:00:36 6. Zoltan Czuko 4:02:22 7. Laszlo Sator, Hungary 4:02:53 8. Slaszlo Kovalcik, Hungary 4:03:17 9. Gainius Pavilonis, Lith. 4:03:43 10. Valeriy Spincyn 4:04:50 **20 Km, Hildesheim, Germany, Sept. 9**--1. Roman Mrazek, Czech 1:22:02 2. Pavol Blazek, Czech 1:22:30 3. Igor Kollar, Czech 1:22:40 **200 Km, Vallarve, Switz., Sept. 21-22**--1. Dominique Malthiery, France 20:55:38 2. Ivo Majeric, Czech. 21:25:14 **Mediterranean Games 20 Km, Greece, July 7**--1. Maruzio Damilano, Italy 1:22:48 2. Daniel Plaza, Spain 1:23:51 3. Regitor, Spain 1:26:45 **100 Mile, Ewhurst, England, June 28-29**--1. Richard Brown 17:52:47 2. Jan Vos, Holland 18:57:20 3. Per Kleis Pedersen, Denmark 19:46:05 **Women:** 1. M. Radder Williams

21,05:03 South American Games 20 Km, Manaus, Brazil, June 28 (We had first two earlier, but weren't sure which of the Morenos was second)--1. Sergio Vieira, Brazil 1:26:54 2. Querubin Moreno, Col. 1:28:54 3. Orlando Diaz, Col. 1:30:22 4. Carlos Romanos, Ven. 1:32:25 **Women's 10 Km:** 1. Gloria Moreno, Col. 52:41 2. Bertha Vera, Ecuador 52:54 **South American Junior Champ., Asuncion, Par., June 21, 10 Km**--1. Jefferson Perez, Ecuador 43:10.1 2. Jono Sendeski, Brazil 44:32 **Women's 5 Km**--1. Miriam Romon, Ecuador 23:58

ARE ANY OF THESE EVENTS IN YOUR FUTURE?

Sat. March 7	Republic of Texas 5 Km, Austin, 7:30 am (F) 5 and 10 Km, Seattle, 10 am (C) Indoor 1 Mile, Denver, 6 pm (H)
Sun. March 8	2 Mile and 10 Km, New Orleans, 8 am (V) 3 Mile, Denver (H)
Sat. March 14	2 Mile and 10 Km, New Orleans, 8 am (V) 5 Km, Virginia Beach, Virginia, 9:30 am (AA)
Sun. March 15	Indoor 1 Mile, New Haven, Conn., 11 am (C) St. Patrick's Day 5 Km, New York, N.Y. (C) 10 Km, New Orleans (V) 4 Mile, Kansas City (R)
Sat. March 21	5 Km, Austin, Texas (Y)
Sun. March 22	20 Km and 5 Km, Long Beach, Cal., 8 am (B) Marathon, San Francisco (N) 5 Km, Denver (H) St. Patrick's Day 5 Km, New York City, 9 am (V) Eastern Regional Men's 20 Km, Women's 10 KM, Washington, DC (J) 2 Mile, Denver (H) Women's 10 Km, San Francisco, 9 am (N) Gulf 20 Km Championship, Houston, 8:15 am (X) Gulf 1 Hour, Houston (Z)
Wed. Apr. 1	2.8 Mile, Seattle, 6 pm (C)
Thu. April 2	National Masters Indoor 3 Km, Men and Women, Columbus, Ohio (K)
Sat. April 4	Women's 10 Km, Atlanta, 9 am (D) 2 Mile, Parakville, MO (R)
Sun. Apr. 5	10 Km, Seattle, 10 am (C) 5 Km, Denver (H)
Sat. Apr. 11	10 Km, Bethpage, Long Island, 9:05 am (V) 5 and 10 Km, Kansas City (R)
Sun. Apr. 12	Jack Mortland Invitational Women's 10 Km and Men's 20 Km, Columbus, Ohio, 9 am (S) 10 and 20 Km, Kenosha, Wis. 1:30 pm (T) Mt. SAC Relays 10 Km, Walnut, CA, 8 am (B) 1 Mile, Seattle, 6 pm (C)
Wed. Apr. 15	4 Mile, Seattle, 10 am (C)
Sat. Apr. 18	

	Women's 10 Km, San Francisco, 9 am (N)
	Gulf 10 Km, Houston (X)
	5 Km, Virginia Beach, Virginia, 9:30 am (AA)
Sun. Apr. 19	5 Km, Denver (H)
Sat. Apr. 25	Penn Relays 10 Km Men (54:00 qualifier) and 5 Km Women (28:00 qualifier), Philadelphia, 7 am (E)
	Drake Relays 10 Km, Des Moines, Ia (R)
	5 and 10 Km, Lawrence, Kansas (R)
Sun. Apr. 26	Olympic 50 Km Trial, New Orleans (4:25 Qualifying time, or fastest 15)
	3 Km and 5 Km, Detroit (O)
	5 Km, Queens, NY 9 am (V)
	5 and 10 Km, New York City, 9 am (V)
	Women's 5 Km, Topeka, Kansas (R)
	5 Km, Redlands, CA (B)
Sat. Apr. 27	Julie Partridge Memorial 10 Km, San Francisco, 4:30 pm (N)
Sat. May 2	3 Mile, Detroit (O)
Sun. May 3	5 Km, Denver (H)
	5 Km, Rock Island, Illinois (P)
	5 and 10 Km, Kansas City (R)
	South Regional 20 Km, Raleigh, NC (W)
Thu. May 7	2.8 Mile, Seattle, 6 pm (C)

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Championship races

One of the points made at the last fall's Racewalk Committee meeting at the National TAC Convention was the need for more associations to get involved in hosting a national championship racewalk. Chairman Bruce Douglass notes, "This year the site selection committee sent out two mailings and followed up with one or two phone calls to solicit bids, all to no avail. While many have faulted the Racewalk committee, we cannot force associations to host races. The system we use as originally set up by previous chairman, Sal Corrallo, ensures that we follow TAC guidelines and provides a quality national championship.

"The impact from the lack of bids over many years could be devastating. The "less" popular distances of 15, 25, 30, 35, and 40 Km are extremely important for the development of our walkers. 20 Km men need over and under distance races, particularly championship races that should collect most of the best walkers. 50 Km men cannot do many 50's during a year and use these under distances to supplement their racing. To continuously not offer races at these distances will severely impact the development of men at 50 Km and would not attract new walkers into the distance events. We need bids for these races."

Speaking to this point, Lori Maynard made the following comments in an address to the Associations Committee at the New Orleans convention:

"Once you make the decision to host a national championship, the rest is easy. All you need to conduct a national race are past race experience, a certified course, willing volunteers, and TAC certified judges. I and members of the Site Selection Committee are available to assist you in answering questions at any time, both here at the convention and throughout the year.

If you have not yet held an association race, that's a good starting point. Work with your association President or Executive Director to establish communication and ideas. Work with LDR or running clubs to exchange assistance. For example, Sal Corrallo, Potomac association, holds racewalks at various levels and obtains volunteers from the local running club in exchange for the walkers helping at road runs. This has cross-cultural benefits in mutual care and understanding of a discipline other than one's own familiarity. Once you have gone through Association championships, you have a pretty complete rehearsal out of the way for your national event. All distances listed in Rule 25 are open to bid with the following exceptions: Sr. men 20 Km, Jr. Men 10 Km, Sr Wwomen 10 Km, and Jr. Women 5 Km, which are all held with their Outdoor T&F Championships. The basic necessities apply for both association and national: a copy of *Rules of Competition* and of *Operating Rules and Regulations* with which you have become deeply familiar; a sanction easily obtained well in advance of the event from your association; identification of existing certified courses, which are useable for race walking, i.e. certified at 1 Km, 2 Km, or 2.5 km, or a newly certified course. Even if you don't hold an Association

Championship, you should establish at least one certified 2.5 Km racewalk course. Contact your association certifier.

When you have held Association championships, or at any time that you and your group feel comfortable with your experience, bid for one or more nationals. The four main steps are:

- o Obtain a bid form
- o Obtain required signatures
- o Prepare attachments
- o Submit as directed on form anytime through September.

Deadline for accepting bids is 60 days prior to the annual meeting, which is the Convention. Thus, the date is around the first of October.

Following submission of your bid, you advise us of any changes in stated plans, revisions to your bid, upgrades, etc. Upon deadline for bids, photocopies of all bids go as a packet to each member of the Site Selection Committee to peruse. In November, we send you an appointment time to meet with the subcommittee at the convention, at which time your or your designee can advise us of fine points and we can ask questions. Depending on conflicts, the committee may ask you to consider a different distance or date to facilitate the race calendar.

After the interviews, we report to Men's and Women's Racewalking Committee with our recommended schedule for acceptance. This done, the awards are complete and race directors receive packets of additional materials. The schedule, including other major racewalks, goes to the Calendar Project for publication. TAC follows up, contacting race directors with contracts and drug testing data if the race is one selected for testing.

We are not here to put on your race for you, but we are eager to see your race succeed. Work with your association people and for other assistance, we're here to walk you through!

(Editor: Not being privy to all that goes on, it seems to me there should be some happy medium between present procedures and those of the "good old days". I realize the image of the sport is at stake and that is a vital concern of the committee and the reason that a bidders must really have their ducks in a row to even be considered. On the other hand, they are upset that many of the races aren't even being held because no one is bidding. It seems to me that a race not quite up to the standards (and we could argue about whether the standards are tighter than they need be) is better than no race at all. Going back to "the good old days", sure, there were some races that shouldn't have been held where they were, but not really that many. Some of the off distances were really not national races, but essentially local, with the occasional "hero" dropping in seeking an easy national title. But, I think that will situation will probably apply equally today. I don't see too many members of the national team at most of the off-distance races that are held, probably for a variety of reasons, certainly including expense money (or more), which didn't use to be a consideration. Anyway, as an example of the difference between then and now, the last National walk held here in Columbus was the 15 Km in 1969. It was a one-man effort, run on a budget of about \$200 out of that man's pocket (it was me). The course was not certified (there wasn't such a thing), but it was accurately measured. It was a natural loop that was about 50 meters short of 2 1/2 km, which wouldn't be acceptable now. But doing an extra 300 meters at the finish was no big deal and we had each 2 1/2 km measured off

for accurate splits. Nice awards, which satisfied even Ron Laird, and a good feed afterward. Only three judges, one of who was just semi-qualified, so we would have to do better on that score, but, of course, one judge could throw you out in those days. Five of the six members of the 1968 Olympic team came, along with a lot of other national class walkers. And everyone thought it was a great race. I could do the same thing today (allowing for inflation on the budget) and so could a lot of others, and I think it would still be considered a good event, but there is no way I would ever get the race under present standards. Again, I'm not being critical--I can see the need for some procedural guidelines--but maybe there is some compromise if we want to have a full schedule and get races back to all parts of the country. Well, every now and then I have to open my mouth.)

Correction: The results of the Rose Bowl 10 Mile Handicap in the Januray issue had three errors. Richard Lenhart had 1:26:57, not 1:29:57; Dale Sutton had 1:35:01, not 1:34:47; and Ted Greiner had 1:46:04, not 1:37:30.

Seeking new niches for racewalking

Davae Gwyn reports that he has been in touch with several people who have been working to get racewalking into some established track and field programs and that each can use some support from the racewalking community. Here, he says, is how things stand:

- o Military Championships, Merced, Cal. (Castle AFB), June 1-6. Major Steve Pecinovsky feels that if we can show several quality racewalkers are anxious to compete there with several months to go, he can get a racewalk included. Racewalking is included in the International Military Championships, but has not been in the U.S. meet for nearly a decade. Athletes should send credentials and address to Steve at 6 CLub COurt, Jacksonville, AR 72076.
- 0 Corporate Track Association. No chance for a racewalk in this year's national meet, but some chance for a subsequent year. Anyone with an "in" on the organization's board or other useful knowledge should contact Jim Chapman, 3203 LaCosta, Missouri Clty, TX 77459 (Phone 713-499-2651). Meanwhile, work locally to include racewalking in your area's corporate meets.
- 0 Golden West High School Invitational, tentatively June 13, Sacramento, Cal. The oldest of the post-season high school meets has fallen on hard times and will now be managed by TAC's Pacific Association. Ron Daniel reports this year's meet could be cancelled if new sponsorship is not found, but I rate the meet at 90 percent certain to be held. The format will probably remain "graduating seniors only"; the directors reported in December that there would likely be a 5000 meter racewalk for boys and girls. As Ron represents racewalking through upcoming developments, he'll need to be able to prove that there is a pool of quality seniors. John Stewart has offered to add names to the database of youth competitors for this purpose. Since Lake Placid Camp attendees have not been asked the year of expected graduation, they should send this information to John also. Seniors (and, what the hey, other youth) who haven't been to the camp should include address, phone,

birthdate, and credentials, as well as graduation year. Mail to John at 2522 Empire, Loveland, CO 80538

National Scholastic Magazine added an outdoor meet last June to complement its successful indoor meet for high schoolers. Gary Chumbley has learned from the meet's organizers that they are not altogether adverse to including racewalks this year, but hasn't been able to pin down a commitment. Anyone willing to work with him to effectively press the issue should contact Gary at 15151 Diana Lane, Houston, TX 77062 (Phone 713-488-8847).

The Mongolian Report

Every few years, Bob Steadman here's from his friend Ts. Gombojab in Mongolia. Bob, now back in Australia, passes along the latest missive:

Ulaan Bator
January 2, 1992

Dear Steadman,

Happy New Year! I hope you enjoy Australia.

Things are bad in Mongolia since the Russians pulled out and the bottom fell out of the ruble. Last year, I looked like getting a big government grant to translate the collected writings of Ronald Owen Laird into Mongolian. It would have kept my son and me busy for years, but the funds dried up at the time of the Moscow coup in August.

Before then, we just finished the new walking track in Central Park, Ulaan Bator. This was designed to the most modern American specifications, using back issues of the *Ohio Racewalker*. As this is the authority on walking, we took note of what happens in your races. Seeing that your distance walkers are always "hitting the wall", we built a long wall along the west side, but so far no one has hit it. As your walkers are always having "pit stops", we dug a pit beside the finish line. It is half full of melted snow and we wondered if walkers would know how to use it. But the first foreign visitor recognized it immediately, because he said, "This is the pits."

The Asian Games at Beijing went well. I was one of the 10 officials and 13 coaches who represented Mongolia. Along with the 30 media representatives, we had a good time at the Beijing Hilton. There were eight athletes, who shared a room in a student dormitory. As usual, there was a media outcry about the cost of pampered athletes.

Please pass my greetings to Mr. Mortland and please send more back copies.

Ts. Gombojab

An infamous race

by Ron Laird

(This is a continuation of Ron's memory lane piece on the 1964 National 1 Hour in the November issue.)

That 1964 1 Hour championship had its problems, but at least was fairly well organized. Back then, things like that happened to us. A better example of an unorganized competition took place the year before at the Pan-American Games down in Sao Paulo, Brazil. I qualified for this international tour by winning the U.S. 20 Km title in March of 1963. That race also took place in Chicago, but on a hard, smooth, concrete sidewalk of 1 mile laps. Ron Zinn also made the team by placing second that day. As many as two athletes per track and field event are allowed to represent each country in the Pan-American Games.

After living and training down there for a month our big race finally arrived. The officials picked up Zinn, me, and one of our track and field managers in front of our athletes village about five in the morning and drove us to the far side of that huge city for the start of the race. The 20 Km was the only walk in those Games. The 50 Km was added 4 years later and the women's 10 Km became an official event at the 1987 Games in Indianapolis.

After a few minutes of warmup, we stripped down to our racing clothes and were sent on our way with no protection from the rush hour traffic. No drinks were handed out, nor were there any people on street corners stopping traffic or showing us the correct way to go. These conditions really didn't bother me, because they were what we used to back home. The course was a point-to-point one with our goal being to safely make it into the large main stadium on the other side of town. Trying to win or at least get a medal was also a goal at times.

Had I not been able to spot someone up in front of me all the way, I'm sure I would have gotten lost out on those smoggy and congested city streets. The many cars, buses, trucks, and pedestrians didn't know what we were doing, so nearly ran us over dozens of times. Because we went at it in the coolness of the early morning, liquid aid wasn't all that necessary. Besides, lack of refreshment was another fact of life we lived with back then.

The two Canadians were the only ones to give Ron Zinn and me a run for it. Since there were no judges present, crazy things happened to the technique and will to win or our northern rivals. Soon after the halfway point both Ron and I were out of contention for the gold and silver medals. Zinn received bronze and I ended up a badly beaten fourth.

Having to live down there for a month before getting to compete shouldn't have, but did have a negative effect on me. I'd let myself gain a little weight and lose some conditioning, thus hurting my final effort.

The two Brazilian walkers were no problem; they had been recruited from their Army and simply marched together in step all the way. In 1963, the rest of South and Central America had yet to discover the art of race walking. Today, one would have to travel to some remote corner of the world to possibly experience what we went through down in Brazil. (ED. Mongolia, perhaps. Gombojab will no doubt be busily translating this article soon.)

Four years later, I somewhat made up for my Sao Paulo failure by winning the gold at the Games in Winnipeg. Qualifying for that team and winning had been a prime goal during the years since '63. To take the gold this time, I had to move at a pace just over a minute per mile faster.

Even though the organization in Winnipeg was on a par with today's standards, I still walked into some bad luck. After a hard fought battle out on our mile loops course, I'd managed to open up about a 300-yard lead on top Mexican and Canadian rivals. When I arrived at the main stadium, I was misdirected into it and onto the track. The Cubans went crazy, demanding that I be disqualified for leaving the course and that my medal go to the Mexican behind me. They had been angered earlier because their entrant had been pulled for bending his knees too much. During the hours that followed, I really felt I'd lost that medal. Knowing my luck, it just had to happen. After a private meeting with various officials for several hours, the Cuban protest was denied. Later that afternoon, I got to climb the victory stand and hear the band play the national anthem. The Mexican refused to shake my hand at first, but finally gave in. His Polish coach later apologized for his actions and all the protest nonsense and told me I truly deserved the win. Mr. Jerzy Hausleber is one of the classiest guys you will ever meet. (Ed. Ron and I first met Hausleber in Poland in 1965 before he took the job as Mexican National Coach.) The Mexican, Jose Pedraza, got his revenge the following at the Mexico City Olympics by placing a very close second. I ended up around 25th place.

Television producers today would have loved that '67 Pan-Am race because of all the controversy it created. They would beat it to death with investigative and personal intervals. I'm sure some amount of fame and possibly fortune waits for those having a similar experience in a future international competition that's well televised.

FROM HEEL TO TOE

Commenting on the Elaine Ward interview with Allen James in our January issue, in which Allen noted he averages 50 to 65 miles a week in training, Andrew Crane, racewalking coach and enthusiast on Long Island, says: "If Allen James thinks that being serious and intense is training 50 to 65 miles a week and expects to be competitive on an international level, he is kidding himself! World class track and field athletes train between 130 and 150 miles a week. He has to do at least that or more. 50 to 65 miles will not cut it." Well, I guess I have to disagree with Mr. Crane. I thought we had pretty much escaped from the high mileage syndrome after the 70s. My humble opinion is that the intensity of the mileage is far more important than the number of miles. Having glanced at Allen James training schedule when I worked out with him here in Columbus one day last summer (his wife is from Columbus), I thought it appeared he was on exactly the right lines. I don't really think there are that many distance runners doing the sort of mileage Andrew refers to, and I know there are world class runners doing far less. Furthermore, if high mileage is worthwhile at all, it is because of the time you are out there. A walker, to match the training time of a runner doing 150 miles, only needs about 100 miles, or conversely, in order to do 150 miles, he or she is going to have to be out there 1 1/2 times as long. You can't be out there that long and be getting much quality mileage, and that's where the training effect comes. Well,

comments from readers supporting either Andrew Crane or Allen James (and his coach, who I believe is Martin Rudow) are welcome. Particularly, any inside scoop on what world class walkers are doing. . .Gambia, of all places, has a postage stamp with a racewalker on it in their special series honoring Olympic athletes. . .Bobby and Tracy Briggs have let us know that Hoy's Sports in San Francisco carries many racewalking shoes in stocks and have sent along a spring catalog. We see the Asics Race Walk at \$99.95, the adidas Race Walk at the same price, and the Reebok W.P. Race Walker at \$69.95. You can write Hoy's at 1632 Haight Street, San Francisco 94117 or call 415-252-5368. . .*American Athletics* had a very nice article on Debbi Lawrence in their Fall 1992 issue.

LOOKING BACK

25 Years Ago (From the February 1967 ORW)—Jack Blackburn won the first ever walking race in Ohio State's French Fieldhouse, a hallowed hall he had once been booted out of even though he was an ex-OSU runner. His 6:43.6 left well clear of Jack Mortland's 6:56.4, with Chuck Newell third in 7:40. . .In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 and 2 mile races. . .Ron Daniel had a 6:29.5 in New York. . .Rudy Haluza was named the recipient of the Captain Ronald Zinn Award for 1966 as the outstanding U.S. walker.

20 Years Ago (From the February 1972 ORW)—Dave Romansky won the National Indoor 1 Mile for the third time in four years, slicing 0.6 off his own CHampionship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5), Todd Scully (6:20.4), and Ron Kulik (6:22.6). . .A week earlier, Dave had finished the Olympic Invitational 1500 meter race in a record 5:48.7, but was DQ'd. The race went to Laird in 5:50.2, with Ron Daniel second in 5:51.5, and Kulik third in 5:53.3. . .On the West Coast, Goetz Klopfer stormed through 40 Km in 3:20:07. . .Here in Columbus, your all-ready aging editor (37) managed to outkick Phil McDonald in an Indoor 3 Mile, 22:53.8 to 22:55.6.

15 Years Ago (From the February 1977 ORW)—February was Todd Scully month as the Virginia pig farmer set two American records. He won the Olympic Invitational 1500 in 5:48.6, leaving Dave Romansky and Ron Daniel way back. Two weeks later, he took the National 2 Mile in 13:02.5, pulling away from Neal Ppyke over the last half mile. . .Dan O'Connor, Ron Daniel, and Dave Romansky took the next three spots. . .Rising star Jim Heiring had two fast races in Wisconsin—a 13:39 for 2 miles and 21:06 for 3. . .Walker walked away with the LA Times 1 Mile in 6:23.9.

10 Years Ago (From the February 1982 ORW)—National Indoor titles went to Jim Heiring in the 2 Mile and Sue Brodock in the 1 Mile. Heiring won in 12:24.82 with Ray Sharp a distant second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liers over the final 440 to win in 7:07.14. Liers had 7:12.02. Jeanne Bocci (7:39.05) edged Vicki Jones for third. . .The National 100 Km in Houston was an easy win for Bob Keating, whose 11:22:23 left him nearly 45 minutes ahead of second place Jack Blackburn. . .Heiring also turned in the world's fastest ever indoor mile in Richfield, Ohio with a 5:47.39. Todd

5 Years Ago (From the February 1987 ORW)—In the National 15 Km in Wellington, Florida, Tim Lewis won the men's title in 1:04:35 and Debbi Lawrence topped the women in 1:13:40. Paul Wick (1:06:26) beat out Ray Sharp (1:06:39) and Paul Schwartzberg (1:06:53) for second among the men, and Lynn Weik followed Lawrence in 1:14:27. Lewis also had a world best in winning the U.S. Olympic Invitational 1500 meters in 5:17:17, nearly 30 seconds ahead of Jeff Salvage. In Boston, Tim had the second fastest mile of all time, winning in 5:42.3, with Schwartzberg second in 5:58.4. Carl Schueler just missed breaking 4 hours, as he won the U.S. 50 Km title in 4:00:19 in Monterey, California. Marco Evoniuk was more than 6 minutes back and Jim Heiring took third in 4:10:36. Josef Pribilinec won the European Indoor 5 Km title in 19:09.44. The Czech led the GDR's Ronald Weigel by about 4 seconds, with another Czech, Roman Mrazek third. Natalia Dmitrochenko, USSR, won the women's 3 Km title in 12:57.59, just ahead of Italy's Giuliana Salce.

1991 U.S. OLYMPIC RACEWALK TRIALS ACCEPTED AUTOMATIC QUALIFIERS (As of Feb. 5)

50 Km

Robert Briggs	Alexandria, Virginia	4:24:31
Andrzej Chylinski	Colorado Springs, Colorado	4:17:39
Marco Evoniuk	San Francisco, California	4:14:03
Eugene Kitts	Aiea, Hawaii	4:15:13
Tim Lewis	Colorado Springs, Colorado	4:17:50
Paul Malek	South Milwaukee, Wisconsin	4:24:19
Jonathan Matthews	Stanford, California	4:24:33
Dan O'Connor	Belmore, New York	4:23:01
Carl Schueler	Colorado Springs, Colorado	4:08:51
Paul Wick	Elkhorn, Wisconsin	4:16:39

20 Km

Andrzej Chylinski	Colorado Springs, Colorado	1:27:34
Robert Cole	Racine, Wisconsin	1:29:56
Curtis Fisher	Colorado Springs, Colorado	1:28:12
Doug Fournier	Holbrook, New York	1:27:39
Don Lawrence	Kenosha, Wisconsin	1:28:53
Tim Lewis	Colorado Springs, Colorado	1:26:52
Jonathan Matthews	San Francisco, California	1:28:41
Dave McGovern	Alexandria, Virginia	1:29:27
Gary Morgan	Clarkston, Michigan	1:26:57
Carl Schueler	Colorado Springs, Colorado	1:29:33

I haven't yet seen a list of the accepted women. The qualifying standards for the Trials are 4:25 for 50 and 1:30 for 20. Others meeting those standards between now and the Trials will be added to the lists. If there are fewer than 15 who meet the standard, enough additional athletes will be added, based on times, to complete a minimum field of 15 in each race. All who meet the standard, regardless of the size of the field, will be admitted. The times shown above aren't necessarily the athlete's best for the distance during the

qualifying period, but the first qualifying mark he attained. The 50 Km Trials are April 26 and the 20 Km Trials in June, both in New Orleans. Qualifying standards for the Olympic Games themselves are 4:05 and 1:24. So far, Marco Evoniuk at 50 is the only U.S. athlete to meet a qualifying standard. If no one else meets the standards, the U.S. will be limited to one athlete in each event. In the case of the 20, that would be the athlete winning the Trials race. In the case of the 50, it would likely be Evoniuk, but clarification is still being sought on all the possible ramifications. Supposing Marco, or some athlete who attains the 20 Km standard between now and the Trials, either fails to finish the Trials race, or finishes well back, or even finished second. Who goes? And what about athletes who meet the Olympic standard following the Trials? Will they automatically be added if there are less than three qualifiers, or will they be added only based on their performance in the Trials? You can think of other situations. All of this is supposed to be completely clear before the trial races so there can be no questions or bitter feelings afterwards. It was sure a lot simpler when the first three made the team.

PROGRESSION OF WORLD 20 KM RECORD (TRACK) (Those not underlined never officially accepted—I think)

1:40:08.0	Paul Gunia (GER)	Offenbach	09.05.1909
1:39:25.4	Hermann Müller (GER)	Berlin	10.10.1909
1:39:22.0	Niels Petersen (DEN)	Copenhagen	30.06.1910
National, 25 km event, 5km in stadium and 20km on the road: 1. Petersen 2:14:24.0 (1:39:22.0 at 20km), 2. Svend Hansen 2:19:12, 3. Albert Jacobsen 2:21:10			
1:38:26.0	Hermann Müller (GER)	Berlin	17.07.1921
1:37:56.0	Arthur Tell Schwab (SUI)	Berlin	27.04.1924
1:37:20.4	Armando Valente (ITA)	Bologna	02.12.1926
Invitational Handicap event, track 380.82m in circumference, timed in fifths of a second, all 3 watches 1:39:20 2/5			
1:37:53.2	Attilio Collegari (ITA)	Milano	26.12.1926
Invitational Handicap event, SC Italia field, track 350m, all 3 watches 1:38:51 1/5. The other competitors were A. Garizio, G. Garizio, R. Garizio and A. Luini. Only Luini completed the race behind Collegari. Collegari 5k splits: 24:02 - 48:04 - 1:13:28			
1:37:42.2	Donato Pavesi (ITA)	Milano	23.10.1927
Invitational Handicap event, SC Italia field, track 350m: 1. Pavesi 1:37:42 1/5 (all 3 watches 1:37:42 1/5), 2. Perotti 1:05:0m behind			
1:37:05.8	Arthur Tell Schwab (SUI)	Berlin	15.04.1929
1:36:34.4	Armando Valente (ITA)	Genova	25.10.1930
National, Natta Stadium, track 401.30m, 15.00 Hr, 180C, Windless: 1. Valente 1:36:34 2/5 (all 3 watches 1:36:34 2/5), 2. Luigi Bosatra 1:39:55 1/5, 3. Donato Pavesi 1:41:37 2/5			
1:36:32.2	Adrien Courtois (FRA)	Nancy	07.05.1933
1:36:26.0	Janis Dalinš (LAT)	Riga	01.06.1933
International, 318m track, afternoon event, 100C at start and 60C at finish: 1. Dalinš 1:34:26.0 (1:34:26.0 - 1:34:26.0 - 1:34:26.2), 2. Arthur Tell Schwab (SUI) 1:34:37.2, 3. Thomas Green (GBR) 1:38:45.3			
1:33:49.6	Adrien Courtois (FRA)	Paris	06.05.1934

1:32:39.0 Edgar Bruun (NOR) Oslo 18.09.1938
Also unrecognized were marks superior to the WR, but inferior to the mark of Bruun, namely: 1:33:58.4 John Mikaelsson (SWE) Riga 25.8.1939, and 1:32:54.0 by Bruun at Kristinehamn 8.10.1939

1:33:20.4 John Mikaelsson (SWE) Västerås 12.07.1942
National, Värmdösvallen Grounds, 389.36m track, 15.30 Hr: 1. Mikaelsson 1:32:28.4 (1:32:28.4 - 1:32:28.4 - 1:32:28.5), 2. Harry Olsson 1:32:56.4, 3. Valter Malvin 1:39:44.4, 5000m splits: 22:52 - 45:23 - 1:07:59

1:33:23.8 Adolfs Liepaskains (URS) Riga 14.10.1951

1:30:26.4 Josef Doležal (TCH) Stara Boleslav 01.11.1953
National, Houska Stadium, 361.80m track, 09.30 Hr: 1. Doležal 1:30:26.4 (1:30:26.4 - 1:30:26.4 - 1:30:26.6), 2. Václav Plátil 1:42:08.0, 3. Svatopluk Sykora 1:46:31.2

1:30:02.8 Vladimir Golubnichiy (URS) Kiev 02.10.1955
National, Krushchev Stadium, 10.40 Hr: 1. Golubnichiy 1:30:02.8 (1:30:02.6 - 1:30:02.8 - 1:30:04.4), 2. Vyacheslav Mironov 1:34:37.0, 3. Ivan Jarmis 1:35:30.0

1:29:11.8 Konstantin Kuznetsov (URS) Minsk 10.05.1955
Note that the following year (28.5.1956) Bruno Junk also broke the existing WR with 1:30:00.8 in Tallinn.

1:28:45.2 Leonid Spirin (URS) Kiev 12.06.1956
National, Krushchev Stadium, 09.30 Hr, 200C: 1. Spirin 1:28:45.2 (1:28:45.2 - 1:28:45.2 - 1:28:45.6), 2. Antanas Mikenas 1:33:18.6, 3. Ivan Jarmis 1:38:10.6

1:27:58.2 Mikhail Lavrov (URS) Moscow 12.08.1956
1. All-Union Spartakiad, Lenin Stadium, 10.00 Hr: 1. Lavrov 1:27:58.2 (1:27:58.0 - 1:27:58.2 - 1:27:58.4), 2. Leonid Spirin 1:28:01.8, 3. Antanas Mikenas 1:29:57.6, 4. Anatoliy Yegorov 1:30:40.0, 5. Sergey Lobastov 1:30:56.8, 6. Yuriy Kulikov 1:30:57.0

1:27:38.6 Grigoriy Panichkin (URS) Stalinabad 09.05.1958
National, Frunze Stadium, 19.00 Hr, 200C: 1. Panichkin 1:27:38.6 (1:27:38.4 - 1:27:38.6 - 1:27:38.6), 2. Vasily Anisimov 1:31:20.0, 3. A. Korobitsyn 1:42:00.0

1:27:05.0 Vladimir Golubnichiy (URS) Simferopol 23.09.1958
National, Stadium of the Harrison House of Officers (!), 160C, 08.00 Hr: 1. Golubnichiy 1:27:05.0 (1:27:04.6 - 1:27:05.0 - 1:27:05.2), 2. Valentin Guk 1:30:39.2, 3. Ivan Jarmis 1:31:07.8

1:26:13.2 Vladimir Golubnichiy (URS) Odessa 15.09.1958
National: 1. Golubnichiy 1:26:13.2, 2. Antanas Mikenas 1:28:22.2

1:26:45.8 Gennadiy Agapov (URS) Simferopol 06.04.1969
National, Stadium of the Harrison House of Officers, 13.00 Hr, 50C: 1. Agapov 1:26:45.8 (1:26:45.0 - 1:26:45.8 - 1:26:46.0), 2. Boris Khrolovich 1:29:46.0, 3. Vladimir Shaloshik 1:30.00

1:25:50.0 Peter Frenkel (GDR) Erfurt 04.07.1970
GDR Championship, Dimitroff Stadium, 20.05 Hr: 1. Frenkel 1:25:50.0 (all 3 watches 1:25:50.0), 2. Hans-Georg Reimann 1:26:07.8, 3. Gerhard Sperling 1:27:04.4, 4. Siegfried Zschlegner 1:28:13.6, 5. Christoph Hühne 1:31:08.6

1:25:12.4 Peter Frenkel (GDR) Erfurt 24.06.1972

1:25:19.4 Hans-Georg Reimann (GDR) Erfurt 24.06.1972
GDR Championship, Dimitroff Stadium, 18.15 Hr: -1. Frenkel and Reimann 1:25:19.4 (all watches 1:25:19.4), 3. Gerhard Sperling 1:25:37.8, 4. Horst Stäps 1:30:28.4, 5. Karl-Heinz Stadtmüller 1:31:52.8, 6. Lutz Lipowski 1:33:04.6, 7. Joachim Krauss 1:33:53.0, 8. Rainer Röder 1:34:49.4, 5km splits 21:01.0 - 42:28.0 - 1:03:46.1 - 1:25:19.4 (Frenkel and Reimann together throughout)

1:24:45.0 Bernd Kannenberg (FRG) Hamburg 25.05.1974
International Match FRG - GBR, Sportanlage Dulsberg-South: 1. Kannenberg 1:24:45.0 (1:24:44.6 - 1:24:45.0 - 1:24:45.2), 2. Heinz Mayr 1:30:59.4, 3. Roger Mills (GBR) 1:31:24.2, 4. Oliver Flynn (GBR) 1:32:15.8, 5. Peter Marlow (GBR) 1:32:28.8, 6. Tony Taylor (GBR) 1:34:21.2, 7. Manfred Kolvenbach 1:34:21.4, Siegfried Richter disqualified after 1999m (!), Kannenberg's splits: 21:14.4 - 42:09.0 - 1:03:18.0 - 1:24:45.0

1:23:31.9 Daniel Bautista (MEX) Fana/Bergen (NOR) 14.05.1977
International, "Softeland Grand Prix", Fana Stadium, 15.00 Hr: 1. Bautista 1:23:31.9 (1:23:31.9 - 1:23:31.9 - 1:23:32.2), 2. Domingo Colin (MEX) 1:23:46.0, 3. Raul Gonzalez (MEX) 1:24:07.4, 4. Angel Flores (MEX) 1:25:43.0, 5. Knut Arne Stromoy 1:30:00.0

1:22:59.4 Anatoliy Solomin (URS) Alushta 26.04.1979
National, Spartak Stadium, 11.00 Hr: 1. Solomin 1:22:59.4 (1:22:59.2 - 1:22:59.4 - 1:22:59.6), 2. Nikolay Vinnichenko 1:23:43.2, 3. Boris Yakovlev 1:24:11.8

1:22:19.4 Gérard Lelièvre (FRA) Epinay-sur-Seine 29.04.1979
National Championship: 1. Lelièvre 1:22:19.4 (1:22:19.0 - 1:22:19.4 - 1:22:19.4), 2. Jean-Pierre Girnong 1:28:59.2, 3. Dominique Guebey 1:29:56.6, 5 km splits: 20:09.7 - 40:44.8 - 1:01:27.4 - 1:22:19.4

1:20:58.6 Domingo Colin (MEX) Fana/Bergen (NOR) 26.05.1979
International, "Softeland Grand Prix", Fana Stadium, 15.00 Hr: 1. Colin 1:20:58.6 (1:20:58.6 - 1:20:58.6 - 1:20:59.6), 2. Daniel Bautista (MEX) 1:22:10.0, 3. Anatoliy Solomin (URS) 1:22:27.8, 4. Boris Yakovlev (URS) 1:22:40.8, 5. Felix Gomez (MEX) 1:22:58.1, 6. Maurizio Damilano (ITA) 1:24:17.4, 7. Pyotr Potchenchuk (URS) 1:25:06.3, 8. Alessandro Pezzatini (ITA) 1:25:06.4, 9. Antonio Carrera (MEX) 1:27:25.7, 10. Lars Ove Moen (NOR) 1:35:49.9, 5 km splits for Colin: 20:06 - 40:39 - 1:00:43 - 1:20:58.6

1:20:06.8 Daniel Bautista (MEX) Montreal 17.10.1979
International, Olympic Park, 20.00 Hr: 1. Bautista 1:20:06.8 (no details on the 3 watches in the record application), 2. Felix Gomez (MEX) 1:21:24.5, 3. Ernesto Canto (MEX) 1:21:52.0, 4. Maurizio Damilano (ITA) 1:22:59.1, 5. Pedro Aroche (MEX) 1:23:21.5, 6. Martin Bermudez (MEX) 1:24:53.6, 7. Marcel Jobin (CAN) 1:27:15.8, Bautista's splits: 20:14 (5K) - 40:02 (10K)

1:18:40.0 Ernesto Canto (MEX) Fana/Bergen (NOR) 05.05.1984
International, "Softeland Grand Prix", Fana Stadium, 12.00 Hr: 1. Canto 1:18:40.0 (all 3 watches 1:18:40.0), 2. Erling Andersen (NOR) 1:20:36.7 (European Record), 3. Pavol Blazek (TCH) 1:21:23.5, 4. Raul Gonzalez (MEX) 1:21:48.8, 5. Marcel Fesselier (FRA) 1:24:35.6, 6. Marcelino Colin (MEX) 1:25:39.3, 7. Martin Bermudez (MEX) 1:25:56.4, 8. Ernice Vera (NOR) 1:25:56.5, 9. Arturo Bravo (MEX) 1:26:15.9, 10. Jorge Llopert (ESP) 1:26:22.9, 11. Marco Evoniuk (USA) 1:26:42.9, 12. Jos Martens (BEL) 1:26:45.0, 13. Jiang Saohong (CHN) 1:27:14.0, 14. Philippe LeFleur (FRA) 1:27:59.3, 15. Miguel Prieto (ESP) 1:28:13.0, 16. Daniel Plaza (ESP) 1:29:27.0, 17. Khristos Karageorgos (GRE) 1:29:29.4, 18. Frank van Ravensberg (HOL) 1:30:14.0, Canto's 5 km splits: 20:02 - 39:29.2 - 59:00.5 - 1:18:40.0