

Ohio Race Walker
3184 Summit Street
Columbus, Ohio 43202



OHIO RACEWALKER

VOLUME XXVIII, NUMBER 1

COLUMBUS, OHIO

MARCH 1992

Morgan, Lawrence Win Indoor Nationals

New York City, Feb. 28—Gary Morgan was an easy and impressive winner in tonight's National TAC Indoor 5 Km Championship race as he broke the 20 minute barrier with a 19:55.6. Morgan left Tim Lewis some 22 seconds in his wake and Lewis was well clear of third place Don Lawrence. Only Lewis has gone faster in this meet (19:30.70 in 1987 and 19:51.45 in 1988). Lewis holds the American record of 19:18.40 set at the World Indoors in Indianapolis 5 years ago. Grigoriy Kornev set the World record of 18:15.25 in Moscow earlier this year. Doug Fournier, who had won the last 2 years (20:03 last year), did not compete.

In the women's 3 Km race, Debbi Lawrence had a much tougher battle on her hands, but overcame Victoria Herazo's challenge to win in 12:47.51, just 2.13 seconds off Maryanne Torrellas' American record, set 4 years ago. Torrellas was fifth tonight. Herazo finished just 7 seconds behind Lawrence and Teresa Vaill was only another 3 seconds back in third. Vaill had won the last 3 years. Yelena Ivanova holds the World record of 11:44.0, also done in Moscow this year.

The results:

Men's 5 Km—1. Gary Morgan, NY Athletic Club 19:55.6 2. Tim Lewis, Reebok Racing Club 20:17.80 3. Don Lawrence, Prevention Magazine WC 20:53.19 4. Rob Cole, Parkside AC 21:27.44 5. Marc Varsano, East Side TC 21:27.62 6. Ray Funkhouser, Shore AC 22:00.27 7. James Spahr, Walk USA 22:21.39 8. Dave McGovern, NYAC 22:22.31 DQ—Curtis Fisher, NYAC and Mark Manning, Parkside AC

Women's 3 Km—1. Debbi Lawrence, Prevention Magazine WC 12:47.51 2. Victoria Herazo, California Walkers 12:54.52 3. Teresa Vaill, Natural Sport 12:57.52 4. Michelle Rohl, Parkside AC 13:10.64 5. Maryanne Torrellas, un. 13:39.46 6. Elizabeth Galasso, Natural Living 14:16.56 7. Gretchen Eastler, Simmons College 14:31.31 8. Kaisa Ajaye, un. 14:39.85 9. Roselle Safran, Q.B. Gazelles 15:33.19 10. Melissa Baker, un. 15:36.48 DNF—Geri-Lynn Buckholz, Monmouth College

OTHER RESULTS

National Scholastic 1 Mile, Syracuse, NY, March 14: Girl's—1. Malissa Baker, Shoreham, NY 7:17.24 2. Jennifer Grego, Brockport, NY 7:21.93 3. Debbie Iden, Bayport, NY 7:27.84 4. Debbie Carter, Hamlin, NY 7:29.07 5. Roselle Safran, Brentwood, NY 7:39.57 6. Sebra Scott, Pelham, NY 7:42.12 7. Jennifer Frost, Pelham, NY 7:47.96 8. Sarah Gordon, Rye, NY 7:57.21 9. Anne Lankowicz, Connetquot, NY 8:03.77 10. Tara Traika, Unadilla, NY 8:07.77 (23 finished) Boys—1.

SECOND CLASS POSTAGE
PAID AT COLUMBUS, OHIO

The Ohio Racewalker (USPS 306-050) is published monthly in Columbus, Ohio. Subscription rate is \$6.00 per year (\$8.00 for First Class Mail, \$9.00 for First Class to Canada, \$12.00 for Overseas Air Mail.) Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. POSTMASTER: Send address changes to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202.

James Spahr, Smithtown, NY 6:26.68 2. Sean Albert, Paramus, NJ 6:36.52 3. Yariv Pomeranz, Miami, Flor. 7:06.18 4. Michael Dziejma, Fort Salonga, NY 7:07.58 5. Matthew Barber, Stony Brook, NY 7:10.95 6. Kevin Eastler, Farmington, Maine 7:30.60 7. Ralph D'Amato, Bayshore, NY 8:26.82 8. William Battle, Landover, Maryland 8:49.57 **Metropolitan Indoor Championships, Princeton, NJ, Feb. 23:** Men's 3 Km--1. Doug Fournier, un. 12:28.51 2. Ray Funkhouser, Shore AC 12:35 (1st 40-44) 3. Marac Varsano, un. 12:52.08 4. Gary Null, Natural Living 13:31.28 (1st 45-49) 5. Leland Sandifur, Natural Living 15:21.64 (2nd 45-49) DQ--James Spahr, Walk USA Master's 1 Mile--1. Franklin Vallejo (40-44) 7:58.60 2. Jacinto Mogena, Natural Living (45-49) 8:04.70 3. Robert Spillman, Park Walkers (60-64) 8:58.50 4. Robert Rapp, Natural Living (40-44) 9:03.33 Women's 1 Mile--1. Kaisa Ajaye, un. 7:36.59 2. Melissa Baker, Walk USA 7:46.20 3. Karen Rezach, Shore AC 7:55.75 4. Ellen O'Shaughnessy, Park Walkers 8:03.31 5. Anne Lankowicz, Connetquot HS 8:20.67 6. Phyllis Hansen, Shore AC 8:25.92 (1st 40-44) 7. Tomira Koss, Natural Living 8:59.24 8. Elton Richardson, un. 9:00.71 (1st 50-54) 9. Jennifer Lagnado, un. 9:23.51 (15 finishers) Girl's 1500 meters--1. Roselle Safran 7:03.09 2. Debbie Iden 7:13.10 3. Debra Scott 7:29.30 4. Margaret Ditchburn 7:40.40 5. Danielle Safran 7:58.40 6. Tara Shea 7:58.80 Boy's 1500 meters--1. Michael Dziejma 6:50.0 2. Matt Barber 6:51.50 3. Jason Nelson 7:57.80 4. Brian Rossi 7:01.90 5. Dave Rose 7:12.20 **Youth 1500 meters, Westpoint, N.Y., March 1:** Boys--1. Matt Barber 6:48.24 2. Daniel Leary 7:08.57 3. Dave Rose 7:10.42 4. Timothy Martin 8:24.92 Grils--1. Debbie Iden 7:15.58 2. Debbie Scott 7:18.49 3. Cynthia Rapp 7:52.60 4. Tara Shea 8:04.35 **New Jersey Indoor 3 Km Championship, Princeton, Jan. 12--1.** Sean Albert 12:50.39 2. Ray Funkhouser 12:55.19 (1st over 40) 3. Gary Null 13:18.97 (American 45 and over record) 4. Manny Eisner 16:05.17 5. Patrick Bivona 16:10.22 Women: 1. G. Buckholz 14:52.80 2. Kaisa Ajaye 15:25.47 3. Karen Rezach 15:33.40 4. Donna Cetrulo 16:22.60 5. Phyllis Hansen 16:34.21 **10 Km, Long Branch, N.J., Feb. 1--1.** Ray Funkhouser 46:25 2. Dr. Patrick Bivona 59:07 3. Ralph Edwards 63:06 4. Avram Shapiro 63:20 Women: 1. Phyllis Hansen 59:30 2. Donna Cetrulo 63:20 3. Pai Weir 63:30 **10 Km Run-Walk, Long Branch, Feb. 1 (Run 6 Km, Walk 4 Km)--1.** Ray Funkhouser 42:22 (24:03, 18:19) 2. Cliff Mimm 43:14 (22:58, 20:16) 3. Roberto Gottlieb 45:10 (23:42, 21:28) 4. Frank Darden 45:13 (22:47, 22:26) 5. Peter Reinhart 48:06 (22:28, 25:08) 6. Bob mimm (1st over 65) 52:46 (28:33, 24:13) Women: 1. Joyce Jaworowski 50:29 (25:00, 25:09)--Elliott Denman reports that this was their annual exercise in cross-racing. The whole idea is to get more athletes to try--and gain a better appreciation of--and maybe even try seriously down the line--the other athlete's speciality. It was a small field--by invitation only. Every amateur athlete in the USA was invited, although some may not have received the word of invitation, through no fault of the event's expert and well-trained managerial and public relations staffs. Next year's invitations will be extended to every amateur

athlete in Canada, Great Britain, Australia, New Zealand, the People's Republic of China, Mozambique, Nepal, Albania, and the Commonwealth of Independent States. **15 Km, Freehold, N.J., Feb. 2--1.** Cliff Mimm 1:15:53 Women--1. Marcia Shapiro 1:42:07 **13.1 Mile, Lincroft, N.J., March 1--1.** William Smith 1:50:38 2. Avram Shapiro 2:23:24 3. Ralph Edwards 2:23:26 Women--1. Marcia Shapiro 2:30:10 **10 Miles, Freehold, N.J., March 15--1.** Ray Funkhouser 1:12:38 2. Cliff Mimm 1:23:13 3. William Smith 1:23:30 4. Dr. Patrick Blvona 1:34:29 5. Avram Shapiro 1:36:25 6. Manny Eisner 1:41:09 Women--1. Phyllis Hansen 1:33:08 2. Pat Weir 1:38:28 3. Donna Cetrulo 1:42:01 4. Marcia Shapiro 1:47:45 **15 Km, Greenville, SC, March 14--1.** Dan O'Brien 1:18:16 2. Dave Waddle 1:26:30 3. David Hale 1:28:15 (1st over 40) 4. Bill CHelf 1:29:20 (1st over 50) 5. Tom Guzik 1:44:23 (2nd over 50) Women: 1. Cheryl Rellinger 1:21:14 **3 Km, same place--1.** Ian Whatley 12:31 2. Mike Michel 17:48 (1st over 60) 3. Stan Pauls 18:19 **8 Km, Winter Springs, Florida, Feb. 22--1.** Lewis Rothlein 41:32 2. Chuck McLaughlin 45:46 (1st 50-59) 3. Robert Carver 49:33 4. Steve Christlieb 50:40 (1st 40-49) Women: 1. Lauren Demetry 49:52 **10 Km, Winter Haven, Florida, March 14--1.** Teresa Vaill 45:44 2. Chuck McLaughlin 57:56 3. Robert Carver 61:56 **5 Km, same place--1.** Jim Malone 29:20 2. Debra Tossas 29:34 **5 Km, Boca Raton, Florida, Feb. 28--1.** Dave Clarke 25:37 2. Dale Nelson (47) 26:12 3. Bob Fine (60) 28:11 4. Bob Cella 29:48 (50-54) Women: 1. Nicole Swift 28:39 2. Christine Velleris 29:29 3. Elizabeth Nelson (42) 29:34 **5 Km, West Palm Beach, Florida, Feb. 1--1.** Dave Clarke 25:27 2. Eric Schmook 26:38 3. Bob Fine 28:37 **5 Km, Coral Gables, Florida, Feb. 8--1.** John Fredericks 23:43 2. Dave Clarke 25:51 3. Peter Black 27:13 (1st 45-49) 4. Morrison 27:35 5. Pinto 27:58 6. Mair 28:37 (1st 50-54) Women: 1. Linda Stein 27:35 **5 Km, Boynton Beach, Florida, Feb. 15--1.** Eric Schmook 26:02 2. Robert Carver 30:37 **5 Km, Boca Raton, Florida, Feb. 16--1.** Bob Fine (60) 27:51 2. Lowell Tuttle (58) 30:30 Women: 1. Christine Belleris 30:13 **Bill Walker 3 Mile, Detroit, March 1--1.** Gary Morgan 20:20 2. Victor Sipes (49) 24:35 3. John Hunyady (40) 25:24 3. Wally Lubzik (53) 27:04 5. Johnny Parks (61) 32:48 Women: 1. Zofia Wolan 26:02 2. Valerie Stowe (49) 27:39 3. Jeannie Rosinski 31:03 **2 Mile, Macomb, Michigan, Feb. 22 (indoors)--1.** Gary Morgan 12:38 2. Dan O'Brien 14:25 3. Victor Sipes 15:50 4. Max Green (60) 15:52 5. Terry McHoskey (50) 15:58 6. John Hunyady 16:25 7. Duane Weddle 17:01 8. Gerald Bocci (53) 17:47 9. Bob Campbell (46) 18:06 (15 finishers) Women: 1. Jeanette Smith (42) 17:50 2. Valerie Stowe (49) 18:28 3. Louise Mitchell (28) 18:38 4. Sonnett Swiddle 19:03 5. Debbie Benton 19:15 6. Olga Figuerda (46) 19:33 7. Kathy Wood (46) 19:38 8. Margie Alexander (49) 19:56 9. Beth Young-Grady (55) 19:57 10. Ruth Everson (55) 20:36 **5 Km, Phoenix, Dec. 7--1.** Joe Cameron 28:18 **5 Km, Phoenix, 7--1.** Joe Cameron 26:28 Women: 1. Joan Sandison 30:49 **5 Km, East Los Angeles, Feb. 23 (track)--1.** Allen James 20:29 2. Larry Walker (45-49) 22:01 3. Keith Ward (40-44) 24:22 4. Todd Scully (40-44) 22:51 5. Richard Ashton 23:39 6. Richard Lenhart 24:22 7. Enrique Camarena (40-44) 24:36 8. William Penner (45-59) 25:18 9. Jack Bray (50-54) 26:00 10. Chris Dreher 26:18 11. Adam Mendonca 26:21 12. Wayne Wurzbarger (50-54) 26:39 13. Jim Coots (50-54) 27:06 14. Brian LaBounty (40-44) 27:29 15. Wilson Crone 27:42 16. Steve Leitner (45-59) 27:45 17. Carl Acosta (55-59) 28:00 18. Carl Warrell (40-44) 28:02 19. Richard Oliver (55-59) 28:29 20. Jesus Orendain (45-49) 28:37 21. Dave Snyder (45-49) 28:42 (40 finishers) Women: 1. Janice McCaffrey, Can. 22:19 2. Francene Bustos 23:48 3. Lizz Salvato 25:21 4. Margaret Govea 26:14 5. Carmen Jacinsky 26:25 6. Alison Ashton 27:10 7. Andrea Johnson

27:15 8. Danielle Kirk 27:18 9. Donna Cunningham (45-49) 27:22 10. Kathy Blackmer (40-44) 27:34 11. Jaye Hanley (50-54) 27:35 12. Brenda MacIsaac 27:37 13. Brenda Long 27:49 14. Michelle Kirk 29:48 (37 finishers) **Los Angeles Marathon, March 1-1.** Raul Nunez 4:07:49 2. CHRIS Dreher 4:18:52 3. Norman Frable 4:41:09 Women: 1. Lorraine Miller 4:47:42 **50 Km, Palo Alto, Calif., Feb. 23-1.** Carl Schueler 4:01:51 (24:01, 47:53, 1:11:33, 1:35:08, 1:58:56, 2:22:33, 2:46:22, 3:10:15, 3:34:47) 2. Dan O'Connor 4:12:45 (48:59, 1:38:01, 2:26:38, 3:17:18) 3. Dave Marchese 4:40:59 (50:29, 1:41:59, 2:34:23, 3:41:53) DNF-Jonathan Matthews-2:51:05 at 35 Km (2:00:54 at 25) and Bob Briggs-2:01:33 at 25--Approximately 2 months after failing to make the 4:05 Olympic standard by just 1:21, Carl Schueler returned to Northern California and did it easily on this effort. Needing 12:15 per 2.5 Km lap, Carl turned 14 of the first 17 laps under 12:00. An 18th lap of 12:16 gave him 3:34:47 at 45 Km. With the weather unseasonably warm and coming from colder Colorado, Carl had little incentive (except for another sub-4 hour performance) to push through and opted to save himself from unnecessary depletion. Now he and Marco Evoniuk have the inside track for their fourth Olympic Team and Carl has no pressure to make the standard in New Orleans, where it could be uncomfortably warm. However, they haven't yet made the Olympic team and we still no final word on what criteria are in effect for the Trials. If they finish one-two there, as we experts would predict, they obviously are on the team. The third place finisher in the Trials would then have to break 4:05, either in that race, or later, to take a third slot. (The deal is that a nation can send three competitors only if all three have met the "A" standard of 4:05. If no one meets that standard, a nation can send one competitor, provided he has met the "B" standard of 4:25.) But, supposing they both have a poor race in New Orleans and finish several places back, or don't finish, or even finish second and third, but the winner doesn't make the 4:05 standard. Then what? That is supposed to be clearly defined before the Trials. However, if the New Orleans weather is favorable, there are others capable of making the standard and filling out a three-man team. Herm Nelson has been there before, but not recently enough. Paul Wick has been very close. Can Dan O'Connor improve his all-time best (4:09:18) by more than 4 minutes at age 40? In this race, he was 5 seconds ahead of pace at 35 km. Will Tim Lewis make a serious try at 50, or concentrate just on the 20? Will someone else from among the qualifiers (see list in last month's issue) make a huge leap forward and go under 4:05? **5 Km, same place-1.** Debby Van Orden 23:13 2. Cindy March 23:26 3. Cindy Paffumi 26:05 4. Monica Rutledge 30:05 **10 Km, San Jose, Calif., March 8-1.** Jonathan Matthews 41:45 (21:08, 20:37--finished 1:39 under his personal record and covered second 5 Km in 19 seconds under his best at that distance) **5 Km, Portland, Oregon, Feb. 15-1.** Vance Godfrey 21:13.3 **10 Km, Seattle, Feb. 1-1.** John Kerfoot 46:12 2. Stan Chraminski 53:26 3. Bob Novak 54:19 **5 Km, same place-1.** Bev LaVeck 29:55 **Romanian Champ., Bucharest, Feb. 7, 5 Km-1.** G. Frecateanu 19:12.18 2. C. Balan 19:24.11 **Irish Champ., 5 Km, Jan. 25-1.** B. O'Leary 19:34.2 **30 Km, Viladecans, Spain, Feb. 23-1.** V. Massana 2:10:48 2. J. Barroso 2:11:03 3. Jose Marin 2:12:10 4. B. Labrador 2:13:02 5. A. Marin 2:17:06 **Women's 10 Km-1.** E. Grandados 45:48 2. Maria Cruz Diaz 46:09 **Women's 10 Km, Sydney, Australia, Jan. 11-1.** Kerry Saxby 43:50 **50 Km, Melbourne, Jan. 26-1.** D. Wojcic 3:58:30 2. C. Brill 4:00:21 **3 Km, Melbourne, Jan. 30-1.** Saxby 12:23.38 2. Sue Cook 13:04.17

CONSIDER THESE PERAMBULATORY OPPORTUNITIES

- Sat. Apr. 11 10 Km, Seattle, 10 am (C)
5 Km, Denver (H)
- Sun. Apr. 12 10 Km, Bethpage, Long Island, 9:05 am (V)
5 and 10 Km, Kansas City (R)
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)
Ron Zinn Memorial 10 Mile, Asbury Park, N.J., 11 am (A)
- Wed. Apr. 15 1 Mile, Seattle, 6 pm (C)
- Sat. Apr. 18 4 Mile, Seattle, 10 am (C)
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)
20 Km (Track) and Women's 10 Km (track), Randalls Island, N.Y., 8 and 9:45 am (G)
5 Km, Marin, Calif. (U)
- 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)
Dome-to-Delta 12 Km, Sacramento (U)
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)
5 Km, Miami (Q)
Julie Partridge 10 Km (track), San Francisco (N)
- 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)
2.8 Mile, Seattle, 6 pm (C)
- Thu. May 7 5 Km, Sacramento, Calif. (U)
- Sat. May 9 2 Mile, Denver (H)
5 Km, Davenport, Iowa (CC)
- Sun. May 10 20 Km and Women's 10 Km, New York City, 8 and 9 am (G)
50 Km, Houston (BB)
2 Mile and 5 Mile, Denver (H)
- Sat. May 16 5 Km, Somerset, Pennsylvania, 9 am (M)

- Sun. May 17 5 Km, Virginia Beach, Virginia, 9:30 am (AA)
 5 Km, Denver (H)
 50 Mile, West Long Branch, N.J., 7 am (A) (Revival of an old event)
 20 Km, WOMens 10, Youth 5 Washington, DC (J)
 5 Km, Queens, N.Y., 10 am (G)
 National TAC Youth Roadwalks, St. Louis (F)
 5 Km, Needham, Mass, noon (Z)
- Sat. May 23 1500 meters, Houston (BB)
 5 Km, Miami (Q)
- Sun. May 24 9 Mile, Lakewood, N.J., 9 am (A)
 15 Km, Fairmount, Calif., 8 am (B)
- Mon. May 25 5 Km, Honesdale, Pa., 10 am (K)
 5 Km, Atlanta, 8:15 am (D)
- Wed. May 27 1 Mile, Seattle, 6:15 pm (C)
- Sun. May 31 5 Km, Queens, N.Y., 9 am (G)
 Women's 10 Km, 20 Km, Palo Alto, Calif. (N)
- Wed. June 3 1 Mile, Seattle, 6:15 pm (C)
- Thu. June 4 2.8 Mile, Seattle, 6 pm (C)
- Sat. June 6 62.5 Km, Vancouver Island (C)
 5 Km, San Francisco (N)
 5 Km, Denver (H)
- Sun. June 7 Metropolitan 1 Hour Championship, New York City, 9 am (G)
 Maine State 5 Km, Bangor, 11 am (Y)
 North American Masters 10 Km, Van Nuys, Calif. (B)

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FROM HEEL TO TOE

I supposed most of you noticed that you were missing a couple of pages in last month's issue. Surprisingly, only 10 to 15 of you let me know, however. Anyway, when the printer backed up pages 3 and 14, he didn't change what was on the press, so there were pages 3 and 14 again, instead of 4 and 13. Obviously, I should have noticed this before they all went in the mail, but I didn't, so my quality control is no better than the printer's. What you missed on page 4 was the rest of the schedule and most of the contacts for it. That information, of course, is repeated in this month's schedule, above. Page 14 had the some more discussion on the Olympic Trials and the start of list of a the 20 Km World Record progression, which you got the rest of on page 15. I have repeated that page at that the end of this issue. Sorry about the mixup, but when you subscribe to a cheap rag you've got to expect the worst. . . If you think you have tough training spins, how about this item: A former British international walker is recovering after being shot while out training near his Cardiff home on January 26. It was a lucky escape for Bob Dobson, 49, who competed over 50 Km in the 1971 European Championships in Helsinki and 3 years later at the same event in Rome. An air rifle pellet was removed from the small of his back under local anaesthetic after the shooting, which happened half-an-hour into a time trial. "It was nothing like the gunfight at the OK Corral, but then I wouldn't want it to happen again," Dobson, of Ilford AC, said. "I was quite relaxed about it until I saw the x-rays, but those made me abit more worried." The pellet went perilously close to his spine, risking serious injury. The incident happened soon after Dobson walked past a group of youngsters, one of whom was carrying an air rifle. They ran in front of Dobson and shouted abuse, but waited until he had walked about 50 yards past before one of them shot him. Dobson completed the session and walked for another 90 minutes. The culprit has not been identified. . . The panel of international judges for the Barcelona Olympics will be: Bob Bowman, USA (Chief, 20 Km); D. Cassillas, Spain (Chief, 10 Km); V. Kangaspunta, Finland; N. Maggio, Italy; P. Marlow, England (Chief 50 Km); G. Montagnot, Spain; A. Monsalvo, Mexico; Norman Read, New Zealand (the only Olympic competitor on the panel); V. Sarnatsov, Russian; and Y. Zhao, China. . . And another tough training spin—JoAnn Nedelco, of the Golden Gate Racewalkers and one of the nation's leading women in the master's ranks, was injured in a fall while racewalking in January and is on the mend following shoulder replacement surgery. She is determined to return to the sport soon. . . Bev LaVeck sends the following book review from the Australian journal *Veteran Athlete*. "After a lifetime of involvement in the sport os racewalking, popular President of the Australian

Walkers Federation, Peter Waddell, has just released his very informative book *80 Years of Racewalking in Australia*. The book is a veritable encyclopedia for all walking enthusiasts, from juniors to veterans. It comprises more than 100 pages of stories, photos, results, and files of all of Australia's past and present great walkers. In a massive compilation of statistics dating back to 1920, it contains all results of AUstralian Open Championships over the past 70 years or so. Trianing programs for junior, senior, and veterans by 1990 COMmonwealth Games silver medalist, Andrew Jachno, are included, as are valuable nutritional advice former world 50 Km champion Simon Baker. Bev is working on getting an address for ordering the book. . .After her victory in the TAC 3 Km race, Debbi Lawrence had this to say: "I would have liked to have gone quicker. It's been a long season. I haven't done a 3,000 yet (this season). It's a different race from the mile or 1500, but it's the international distance, so I better get used to it by next year." And from 5 Km winner, Gary Morgan: "I'm hurt. I thought we would go out a little faster. But this was to my advantage since I'm not a super fast buy. I knew I was in good shape; I walked a 12:38 2 mile last week. All I'm aiming for now is the Olypic Trials. 1:24 is my goal for that since that's the Olympic standard. After that, all I want to do is go after Maurizio Damilano." To the editor, from Olympian (1956) and super promoter of the sport, Elliott Denman: "Something's got to be done to revive the schedule of National Championships—which to me have been and should be a lifeblood of the sport. It will take more than a lot of letters. It will take a lot of personal persuation. To my mind, I think it is an **obligation** of every TAC association that feels it has a viable racewalking program to bid for and actively seek to hold at least one National Championship a year. Where are the associations that have held Nationals in past years? Where are those who should be seeking tham now? Where are they? The selection committee does a great job of assessing those bids that come to it. But it's definitely got be more than that. Someone's got to get on the phone and really put it to the right people—to get their bids in, on time, to do whatever is necessary. If, after a while, it seems obvious that such distances as 15, 25, 30, and 35 Km are not going to be bid for, we've just got to do something. Let's make all the ground rules clear—and forget that minimum bid business that scared a lot of people off. As the famed Prof. Charles Silcock keeps sayin, "off our seats and on our feet." Let's stop shooting ourselves in the foot—which to walkers should be acapital offense. One more thing—I personally feel an association should not be a candidate for the Zinn Association Award if it does not stage or at least bid for a National in the past year." . . .Along the same lines, another Olympian (1960) and master's competitor par excellence, Bob Mimm, comments: "Your remarks on national championship bids caused my blood pressure to rise 2 1/2 points. I guess this is the worst year yet. It's just unbelievable that there are so few nationals in an Olympic year. . .and no 50. . .come on! I've been saying for years now some of the same things you said. I keep using the example of the individual who used to sponsor the 1 and 2 hour races in New Jersey. One year he bid for the same and was told his bid was late. If two or more bid, OK, throw out the late bids. But don't throw out the only bid. Sure, we proved we have standards, and we met them. But, we lost a sponsor. He hasn't bid for a race since and probably won't. We need certain standards, but we also need to be flexible. Sponsors do us a favor by bidding for races. We don't do them a favor by allowing them to bid. I think we will continue to have problems getting

sponsors unless we show some flexibility in our bidding procedures. One example, I don't think a sponsor should ever be required to make a trip to the convention and go before a board to be questioned like it's an inquisition. And if we find a sponsor for a championship, let's not lose him or her because a certain date on the calendar has passed. Standards yes, but be flexible." . . .Bob also says: "Regarding your comment on miles necessary for top level competitiveness. I think 60 to 65 miles per week would be sufficient for success up to 20 Km, if miles are quality. I don't think you would do well at 50 Km, though." . . .Surprisingly, no one else has commented on that issue.

LOOKING BACK

25 Years Ago (From the March 1967 ORW)—Jack Blackburn slipped away from Jack Mortland in the last mile to win a track 10 Km in Columbus, 47:22 to 47:28. . .Don Denoon edged Larry Walker 6:28 to 6:29.9 to capture the National 1 Mile title in Oakland, as defending titlist, Rudy Haluza, came third in 6:34. Ron Laird, Larry Young, and Bob Kitchen completed the first six. . .Walker also turned in an outstanding track 10 with 46:21 to beat Laird by nearly a minute and Young by two.

20 Years Ago (from the March 1972 ORW)—Bob Kitchen broke the American 50 Km record with a 4:13:26 on the track in San Francisco (others had gone faster on the road). . .Larry Young captured the National 35 Km in Hollywood with a 2:52:41, after passing 20 Km in 1:36:10. Bob Bowman was just 2 seconds over 3 hours in second, with Bill Rannye another 1:20 back. . .In an indoor dual with the USSR, Dave Romansky gave it a good go, but still came up short. Nikolai Smaga won the 3 miler in 20:08, Vladimir Golubnichiy had 20:11.2, and Dave 20:12.8. Ron Laird was jsut under 21. Splits were 6:51 and 13:32, as the Soviet pair steadily built the pace.

15 Years Ago (From the March 1977 ORW)—In a US-USSR-Canada indoor meet in Toronto, Anatoliy Solomin shattered the world's best for 3 miles, clocking 18:44.3. Pyotr Potschenchuk was 4 seconds back. Todd Scully hung close through a 6:10 first mile, but then had to yield and finsihed in 19:40. . .Jim Heiring socred an easy win in the NAIA Indoor 2 Mile in 13:33.8, with his Parkside teammate, Chris Hansen, second in 14:03. . . Vincent O'Sullivan won the IC4A indoor mile in 7:03.8 and Jack Boitano took the National Master's 2 Mile in 15:41. . .Susan Liers had a world best for 20 Km with 1:48:19 at Kings Point.

10 Years Ago (From the March 1982 ORW)—The National 25 Km, held in Monterrey, Cal., went to Canada's Marcel Jobin in a very swift 1:48:20. Sweden's Roland Nilsson came second in 1:52:36, with Dan O'Connor capturing the U.S. title in 1:57:23. Wayne Glusker was fourth, just 3 seconds over 2 hours. . .The IC4A mile went to Troy Engle in 6:27.6, some 7 seconds ahead of Ben Defibaugh. . .In Australia, Sally Pierson walked 13:11 for 3 Km, women's world best, and Dave Smith covered the same distance in 11:26.5. . .Marizio Damilano, Italy, won the European 5 Km Indoor Championship in 19:40.28, well clear of countryman, Carlo Mattioli, in second.

5 Years Ago (From the March 1987 ORW)—The World Indoor Championships were held in Indianapolis. In the men's 5 Km, Soviet Mikhail Schennikov edged Josef Pribilinec, Czechoslovakia, in 18:27.79, but after a very smooth race, both appeared to be completely out of control and flying high in a desperate race over the last 100 meters. The judges left it go. Mexico's Ernesto Canto was 11 seconds back in third. Tim Lewis had a 19:18.40 in eighth. The women's 3 Km went to Olga Kristop, USSR, in 12:05.49, with Italy's Giuliana Salce second and Canada's Ann Peel third. Maryanne Torrellas had 13:10.30 in eighth. . . Lewis and Torrellas were easy winners at the Nationals. Lewis had 19:30.70, 53 seconds ahead of Ray Sharp, with Paul Wick and Doug Fournier also under 20:30. Torrellas won in 13:05.41, 10 seconds clear of Teresa Vaill. Lynn Weik was third. . . Carl Schueler won the National 50 in Carmel Valley, Cal. with a superb 4:00:14. Marco Evoniuk was second in 4:06:42, Jim Heiring third in 4:10:36, and Dan O'Connor fourth in 4:12:21. Randy Mimm had a personal best in fifth with 4:13:40. . . Lewis had a world record mile at the Millrose Games with 5:41:12, then bettered that in Los Angeles with a 5:38.2. . . Torrellas also had a world best over 1500 meters with a 6:01.16, just a second ahead of Peel. . . The Canadian turned the tables over a mile in Fairfax, Virginia, winning in 6:35.47, 5 seconds ahead of Torrellas.

DEBBI

Debbi Lawrence is getting lots of press these days and in the process drawing a lot of attention to our sport. She was featured in the fall issue of *American Athletics*. On March 2, the Associated Press put a lengthy release on Debbi on its wire under the byline of their track writer, Bert Rosenthal, a copy of which Pete Cava, TAC's press officer was nice to send to me. On February 28, William Wallace did a fairly lengthy feature on Debbi in the *New York Times*. And on March 3, the *Asbury Park Press*, ran the following feature by staff writer and famous racewalking person, Elliott Denman. We choose to repeat it, confident that Elliott won't let the paper sue us for copyright infringement. The *New York Times* and AP might be tougher on the little guy. (Which isn't to say we may not use one of those articles in the future.) The main thing is, Elliott does the best job, being closest to the sport. The article was titled "Walk Don't Run. . ."

Once upon a time, Debbi Lawrence did choose to run.

As Debbi Spino, she was a National Association of Intercollegiate Athletics (NAIA) one-mile indoor and 1,500-meter outdoor

track champion at the University of Wisconsin at Parkside, which isn't located in Parkside at all, but her hometown of Kenosha.

But then she started running around with

teammate Don Lawrence. And then one or two or three things led to two or three or four more. Her life hasn't been the same since. Her adopted event, either.

First of all, Wisconsin-Parkside is one of the few colleges in America offering track scholarships to race walkers. It's smart policy — race walking, after all, is an Olympic event as well as an NAIA scoring event. Second, Don Lawrence happened to be one of Parkside's better men's walkers.

Third, once the two became an item and eventually a Mr. and Mrs., Debbi, at Don's urging, chose to become a race walker, too. Fourth, not very long after walking down the aisle with Don, she began walking away from some of the sport's top talent.

And just look at her now. A 12:47.51 victory in the women's 3,000-meter race walk at the USA/Mobil National Indoor Championships at Madison Square Garden Friday night clinched the women's overall Grand Prix title for the whole indoor season.

At a luncheon yesterday, the results were recertified. Yes, Debbi Lawrence had done it. She'd rolled up 76 points in meets staged throughout the U.S. and Canada. That meant a payoff of \$14,500, \$12,000 representing the overall Grand Prix crown, and the other \$2,500 her reward for winning the individual meets along the way.

Runner-up in the Grand Prix? No less than the redoubtable Jackie Joyner-Kersey, unused to finishing second in any endeavor — ever.

Freddie Williams, of Canada, by way of South Africa, the USA/Mobil 800-meter champion, collected \$15,000 for winning the men's overall crown.

Debbi Lawrence has pledged that her check will not be used as a down payment on some Kenosha real estate, or a fancy vehicle.

What, then?

"It goes right into our Olympic fund," says her husband, Don, doubling as chancellor of the family exchequer. Both Lawrences have serious cases of Barcelona-on-the-brain. Atlanta, too.

She will head into the USA Olympic Trials in New Orleans on June 22 as a leading contender to win the 10K walk that would serve as her ticket to July's Barcelona Olympics — and a race with history. For the first time ever in the Olympics, a women's race walk will be included on the Games' schedule. He is a slightly-longer-shot candidate for the men's 20K walk team.

Race walks have been there at the Olympics for men since 1908. Eighty-four years later, women at last join the fray. After a decade-plus-long battle, waged by women's walking adherents around the U.S. and the globe, the International Olympic Committee at last saw the inherent justice in the position.

And so the IOC added the 10K (6.2-mile) walk to the women's track and field program — and ladies of the walking persuasion around the world leaped for joy. The men will continue to compete at their standard distances of 20K (12.4 miles) and 50K (31.1 miles). The 20K has been an Olympic distance since 1956, the 50K since 1932.

Thus, Barcelona becomes an historic opportunity. Only trouble for Debbi Lawrence is that she may not quite be ready to walk away from the world, the way she keeps walking away from other Americans.

There are women from Germany and Australia and (the former) Soviet Union and Italy, China and Hungary and Spain and Mexico, and some other nations, who now rank ahead of her on the world charts. Case in point: As Lawrence was winning at the Garden in 12:47.51, ex-Soviet Alina Ivanova was winning the European indoor 3K walk title in Genoa in 11:49.99.

Maybe, though, it will be different by the Atlanta Olympics of 1996. American women, hopefully inspired by their event's new Olympic status, are beginning to close in on the world. And the Atlanta crowds are certain to give the U.S. a huge home-course edge.

In winning the Grand Prix (repeating a feat achieved by another walker, Maryanne Torrellas, in 1988), Debbi Lawrence not only beat out everybody else in her event, but all the women in all the other events, too. Hurdlers and 400-meter runners and high jumpers ate their hearts out. The big money went to a walker, and walkers too often are track and field's poor relations.

Such is the beauty of the Grand Prix. The motivation is obvious. The more records and the more victories, the more points, the more points the more chance of some nice money. An athlete in any event can win. At last, the walkers are on level ground with the glamour guys who hog the headlines — and the appearance fees, and the sponsorship deals, and so much more.

It's the justice of the matter, more so than the money. It's not that the Lawrences are hurting financially — they do, after all, have a few sponsor deals of their own. They do represent *Prevention Magazine* in competition.

And they do endorse the Os-Cal calcium supplement.

Full fiscal details are not public information, but Don Lawrence guarantees "it's nothing like Bo Jackson."

There are two basic rules of race walking. First, competitors must "maintain contact" with the ground (or track) at all times. In other words, no hopping or skipping or, as the insiders say, "lifting." Second, "straightening" (of the leg, as it passes through the weight-bearing stage of the stride) is required.

At all major races, there are judges out there to enforce these rules. It's a call — the rules say — that must be made "by the human eye." Purveyors of electronic gizmos need not apply.

It becomes a tough call, too, especially on the tricky, high-banked tracks of the indoor circuit that were designed for fast runners, not walkers. But judging justice, by and large, is done and violators are subject to disqualification — indicated by the head judge's dreaded red paddle.

To her credit, Debbi Lawrence's straight-ahead, stylish walking technique is considered generally exemplary.

"I've never been DQ'd (disqualified) ... although I have had my share of (preliminary warning) calls," she says with pride.

The Lawrences make frequent appearances at trade and fitness shows, and serve as guest clinicians at walking-related events around the country. They are celebrity figures in the growth of the walking-for-fitness movement.

Industry reports are that sales of specialty walking shoes now surpass that of running shoes. The number of recreational and fitness walkers now tops that of runners. The walking boom has set in and is seen everywhere — the Jersey Shore boardwalks, for instance.

Only trouble with that, as far as the Olympic and international-sport pictures are concerned, is that so few of those interested in walking for recreation and fitness ever get interested in walking for serious competition. Any person with basic athleticism — and especially a quick stride turnover — might have what it takes to succeed.

The odds are definitely in these new candidates' favor. The number of "serious" race walkers in the U.S. remains seriously deficient.

The Lawrences — he's now 32, she's 30 — have been walking and working on it for years, trying to plug that gap. They insist that "anybody can" — they just need the get-up-and-go.

While Debbi Lawrence has been a well-known figure for years, Friday night's was just her second appearance at Madison Square Garden.

A funny thing happened on her way to the 1991 USA/Mobil Meet. Just as she did this year, she headed into these Indoor Nationals atop the Grand Prix points list. One more victory — an expected one — and the '91 overall Grand Prix title was hers.

But Debbi Lawrence never got to the Garden in '91.

"I don't know what it was — stress fatigue, the flu, a virus, or what," she says. Whatever it was, it knocked her out of the meet just days before she was to fly to New York. She conked out on the way to a shower and the trip became a no-go.

This time, the 5-9, 130-pound athlete let nothing get in her way. Bolstered by all those earlier triumphs, she maintained a cool confidence, all the way to the Garden.

She kept right on maintaining it once the starting gun was fired.

California's Victoria Herazo bolted to an early lead. Teresa Vaill, of Pine Plains, N.Y., winner of the Garden walk six of the previous eight years, soon challenged.

Lawrence bided her time, soon made her big move, and was off — and soon gone.

Herazo settled for second in 12:54.52 and Vaill third in 12:57.52.

The race started at 6:50 p.m., long before most of the Garden crowd filtered in.

She deserved prime time, but Debbi Lawrence got only a smattering of polite applause.

She was philosophical about it — "the fans that were there were quality fans," she said.

Three days later, Don and Debbi Lawrence have pledged to remain philosophical about it — all the way to the bank.

1991 British Rankings

20K Walk

- 1 Ian McCombie 11.1.61 (10y, 1) 1:22:03 '88
1:25:04, 1:25:20, 1:25:30; 9 La Coruña, 38
W.Cup, 27 Worlds
- 2 Mark Easton 24.5.63 (5y, 2) 1:24:04 '89
1:24:25, 1:25:07, 1:25:36, 1:27:36,
1:27:57; 1 Manx, 1 RWA, 53 W.Cup, 14 8N,
2 Swedish
- 3 Martin Rush 25.12.64 (8y, 10) 1:26:32 '84
1:24:06, 1:25:42, 1:26:01, 1:30:15,
1:32:10; 7 Manx, 2 RWA, 42 W.Cup, 11 8N,
dnf Swedish
- 4= Steve Partington 17.9.65 (4y, 4) 1:24:18 '90
1:24:28, 1:26:17; 2 Manx, dq RWA, 15 8N
- 4= Andrew Penn 31.3.67 (3y, 7) 1:28:17 '88
1:26:18, 1:27:08, 1:27:12, 1:28:28; 3 RWA,
57 W.Cup, 4 Irish
- 6= Andrew Drake 6.2.65 (5y, 3) 1:24:04.0t '90
1:25:10; dq RWA, 11 La Coruña
- 6= Darrell Stone 2.2.68 (3y, -) 1:26:14 '89
1:25:56, 1:27:17, 1:27:34; 3 Manx, 7 La
Coruña, dq 8N
- 8 Les Morton 1.7.58 (6y, 12) 1:27:16 '89
1:28:05, 1:28:43, 1:30:42, 1:32:49+,
1:33:44+; 4 Manx, 4 RWA, 2 Sutton Pk
- 9 Chris Maddocks 28.3.57 (9y, 6) 1:22:35 '89
1:29:23, 1:34:47+; 5 RWA
- 10 Jimmy Ball 17.2.63 (4y, 8) 1:28:46 '87
1:31:21; 6 RWA
- 11 Steve Taylor 19.3.66 (0y, -) 1:32:28 '90
1:31:21, 1:32:11; 8 Manx, 7 RWA
- 12 Martin Bell 9.4.61 (0y, -) 1:29:56 '88
1:32:47; 9 RWA

+ intermediate times during longer race
8N - 8 nations international at Örnsköldsvik

McCombie was number one for sixth time. The next three all posted faster times, but were all unluckily just outside the Tokyo qualifying time. Easton just got second, 3-2 v Rush.

50K Walk

- 1 Les Morton 1.7.58 (8y, 1) 3:57:48 '89
4:02:11, 4:02:39, 4:09:18; 4:12:47,
4:15:28; 1 Trial, 1 Basildon, 20 W.Cup, 1
RWA, 10 World.
- 2 Paul Blagg 23.1.60 (8y, 3) 3:59:55 '87
4:04:09, 4:15:29, 4:35:22; 18 8N, 25
W.Cup, 22 World
- 3 Chris Maddocks 28.3.57 (7y, 2) 3:51:37 '91
4:20:05, 4:39:15; 45 W.Cup, 24 World
- 4 Dennis Jackson 29.6.45 (8y, -) 4:03:08 '86
4:11:43, 4:26:08; 16 8N, 55 W.Cup.
- 5 Chris Berwick 1.5.46 (7y, 6) 4:23:22 '86
4:23:47, 4:30:53; 2 Trial, 2 RWA
- 6 Martin Rush 25.12.64 (1y, -) 0
4:12:02; 4 Swedish
- 7 Darren Thorn 17.7.62 (3y, 5) 4:12:50 '90
4:14:34; dnf 8N, 2 Burrator
- 8 Michael Smith 12.4.63 (5y, -) 4:40:22 '89
4:32:17, 4:36:16; 29 8N, 3 RWA
- 9 Stuart Phillips 15.4.63 (1y, -) 4:42:43 '90
4:26:50, 4:49:16; 3 Trial, 6 RWA
- 10 Ian Harvey 23.10.64 (4y, 7) 4:31:54 '90
4:40:40; 4 RWA
- 11 Ed Shillabeer 2.8.39 (2y, 6) 4:28:06 '86
4:29:39, 4:45:57; 3 Burrator, dq RWA
- 12= Andrew Trigg 23.6.62 (3y, -) 4:20:48 '88
4:37:50, 4:48:42, 4:52:50; 4 Trial, 4
Basildon, 1 Bradford
- 12= Bob Dobson 4.11.42 (22y, 7) 4:07:23 '79
4:38:17, 4:43:08, 4:44:54, 4:45:29,
4:47:20; 5 Trial, 2 Basildon, 4 Burrator, 5
RWA

8N = Eight nations international at Dudince.

Les Morton was top for the sixth time in seven years, and achieved a brilliant result in Tokyo. Sadly Bob Dobson, after a record 22 successive years in the top ten, misses out this year, but still just makes the top 12/13. More than three years older, Ed Shillabeer adds to his own record as the oldest athlete ever to appear in my merit rankings, and set a UK over 50 record.

The missing page 12 from the February issue. The incomplete sentence began: 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)	<u>Copenhagen</u>	<u>30.06.1918</u>
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
1:39:20.4 Armando Valente (ITA)	<u>Bologna</u>	<u>02.12.1926</u>
Invitational Handicap event, track 380.82m in circumference, timed in fifths of a second, all 3 watches 1:39:20 2/5		
1:38:53.2 Attilio Callegari (ITA)	<u>Milano</u>	<u>26.12.1926</u>
Invitational Handicap event, SC Italia field, track 350m, all 3 watches 1:38:53 1/5. The other competitors were A. Garizio, G. Garizio, R. Garizio and A. Luini. Only Luini completed the race behind Callegari. Callegari 5k splits: 24:02 - 48:04 - 1:13:28		
1:37:42.2 Donato Pavesi (ITA)	<u>Milano</u>	<u>23.10.1927</u>
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 1050m behind		
1:37:05.8 Arthur Tell Schwab (SUI)	Berlin	15.04.1929
1:36:34.4 Armando Valente (ITA)	<u>Genova</u>	<u>25.10.1930</u>
National, Nafta 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
1:34:26.0 Janis Dalinš (LAT)	<u>Riga</u>	<u>01.06.1933</u>
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