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Nelson joins Schueler, Evoniuk on Olympic team

New Orleans, April 26—Herm Nelson, needing to accelerate on the final 2 1/2 Km lap of the U.S. 50 Km Racewalking Olympic Trials race, blocked out any pain, concentrated on his style, and completed the task in brilliant fashion to join Carl Schueler and Marco Evoniuk on the 1992 team. Nelson finished behind Schueler and ahead of Evoniuk, but most importantly, did 4:04:38 to better the 4:05 qualifying standard.

Schueler and Evoniuk both made their fourth team, matching the feat of Ron Laird (1960, 1964, 1968, and 1976). Both made it in this same event in 1980, 1984, and 1988, with Marco also competing at 20 in 1984. Laird made it at 50 in 1960 and at 20 the other three times.

Today's race was not as straightforward as previous Trials have been, where the first three would automatically be on the team. The qualifying standard of 4:05 introduced for the 1992 Games, complicated the picture. Both Schueler and Evoniuk had already made the standard. No one else had. This meant that unless someone else made the standard (either in this race or at some subsequent time before the Olympics) all Carl and Marco had to do was finish to be on the team. ((See the From Heel To Toe column, which clarifies the criteria for making the team at both 20 and 50 in light of the qualifying standards.) Anyone else wanting to make the team had to better the standard, even if winning the Trials race.

Schueler dominated today's race leading all the way and finishing in 4:02:10. Evoniuk struggled and had a sub-par performance for him, but it was good enough on this day as he finished third in 4:09:44. Andrej Chylinski and Jonathan Matthews both had marked improvements on their personal bests in fourth and fifth, but were not a threat to Evoniuk, or, of more importance, that tough standard. The ever-consistent Dan O'Connor, less than a month past his 40th birthday, took sixth and bettered Eugene Kitts U.S. masters record.

At the start, Nelson went off with Schueler and they covered the first lap in 12:08, with Evoniuk and O'Connor not far back. The temperature at the start was just 63 F and the relative humidity was a not too uncomfortable 51 percent. A steady breeze of about 4 mph, gusting to 16, kept everyone cool. With these comfortable conditions (opposed to a humid 80 plus two days before), Schueler found himself feeling very good and abandoned the conservative he had planned. Accelerating on each lap, he hit 5 Km in 23:59, 10 in 47:42, 15 in 1:11:14, 20 in 1:34:09, and 25 in 1:56:57 (22:48 on that 5). At that time, he had dropped the field, and was able to coast in, taking about 54 minutes for his final 10 Km.

Nelson chose to let Schueler go and walked a very even pace. After dropping Evoniuk, he came to the final 3 laps some 26 seconds (Continued on p. 3)

SECOND CLASS POSTAGE
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Teresa Vaill strides to second place (above) and an American record at National Invitational March 29 in Washington, D.C. (See story next page.) In the photo below, Debby Van Orden, Lynda Brubaker, Elizabeth Galasso, and Sara Standley (left to right) during the same race. (Photos courtesy of Tracey Briggs.)

OLYMPIC TRIALS (Cont. from p. 1)

behind, and it seemed doubtful he could recover sufficiently to get the 12:25 he needed. But Herm bore down and accelerated to 12:03, 5 seconds faster than his first lap, to make the standard, and the team, with 22 seconds to spare. He was just 15 seconds off his personal best, dating to 1989 and nearly a minute ahead of what he had done in December when he just missed the standard in San Francisco. (The race in which Evoniuk made it.)

Evoniuk found he was not having a good day and at 35 Km, surprising Dave Marchese moved passed him into third. Marco responded to the challenge and moved back into third by the 40 Km mark. Marchese dropped out just past 40 and Evoniuk was able to cruise into third in 4:09:44.

After the race Schueler admitted he was not in shape for what he had attempted to do over the first half of the race, but said he had got a little mixed up in his strategy with the change in weather from what was expected. He hopes to be more fit in Barcelona, but realizes the conditions there will probably be not be conducive to fast times. Nelson was just really happy with what he says is the culmination of a 4-year project. At age 30, he says he has dreamed of an Olympic team since he was 12, although his goal then was the marathon.

The results:

1. Carl Schueler 4:02:10 2. Herman Nelson 4:04:38 3. Marco Evoniuk 4:09:44 4. Andrej Chylinski 4:11:53 5. Jonathan Matthews 4:12:28 6. Dan O'Connor 4:13:53 7. Paul Malek 4:21:37 8. Paul Wick 4:28:01 9. Mike DeWitt 4:29:04 10. Dave Waddle 4:46:19 11. Chris Rael 5:21:19 DQ--Bob Briggs DNF--Steve Pecinovsky, Dave Marchese, Eugene Kitts. Judges: Martin Rudow (Chief), Richard Charles, Sal Corrallo, Bob Hickey, Bob Kitchen, Bev LaVeck, Gary Meincken, and Nicolas Winowich.

National records to McCaffrey, Vaill at National Invitational

Washington, D.C., March 29--Janice McCaffrey of Calgary overtook Teresa Vaill in the final stages to win the National Invitational Women's 10 Km walk today. McCaffrey's winning time of 45:06, in windy conditions, tied the Canadian record. Vaill, the defending champion, broke Debbi's Lawrence's American road record with a solid 45:16. Debbi had 45:32 in the World Cup race last year, and holds the track record of 45:28, which she did at the Olympic Festival last year. The pace was fast all the way and Janice accelerated sharply in the final 2 Km lap to overcame a 10 second lead Teresa had established early in the race. In a very competitive race, Lynn Weik was only 6 seconds off Debbi's old road record in third place and five others went under 50 minutes.

In the men's 20 Km, the first 8 went under the Olympic Trials qualifying standard of 1:30, led by Tim Lewis in 1:28:57. Ian Whatley, second in 1:29:12, led five athletes into the trials (the other three--Lewis, Dave McGovern, and Carl Schueler--already had qualifying times). Ray Funkhouser in fourth not only made the trials, but, at age 41, shattered the American master's record. Another impressive master was 48-year-old Don Denoon in 12th place at 1:36:09. The former world-class walker has reappeared after many years of running and coaching.

Results:

Women's 10 Km: 1. Janice McCaffrey, Canada (32) 45:07 (8:52, 17:52, 27:03, 36:14--2 Km splits) 2. Teresa Vaill, Brookville, Flor. (29) 45:16 (8:43, 17:43, 26:49, 36:04) 3. Lynn Weik, Sayville, N.Y. (24) 45:38 (8:51, 17:51, 27:04, 36:18) 4. Maryanne Torrellas, Clinton, Conn. (33) 48:06 (9:17, 18:59, 28:33, 38:20) 5. Lynda Brubaker, Lancaster, Penn. (35) 48:20 (9:21, 19:00, 28:40, 38:34) 6. Sara Standley, Boulder, Col. (25) 48:51 (9:13, 18:53, 28:53, 38:49) 7. Elizabeth Galasso, Ossing, N.Y. (39) 49:07 (9:21, 19:00, 28:50, 38:55) 8. Tracey Briggs, Alexandria, Vir. (30) 49:47 (9:44, 19:47, 29:48, 39:48) 9. Gayle Johnson, Columbia, Missouri (43) 50:55 (9:46, 20:15, 30:29, 40:47) 10. Viisha Sedlak, Boulder, Col. (43) 51:15 (10:01, 20:17, 30:31, 40:59) 11. Debora VanOrden, Colorado Springs, Col. (32) 51:21 (9:22, 19:00, 28:53, 40:02) 12. Gretchen Eastler, Farmington, Maine (19) 51:56 (9:51, 20:14, 30:35, 41:18) 13. Lisa Sontag, Indianapolis, Ind. (28) 52:16 14. Sharon Lyons, Seymour, Conn. (30) 52:42 15. Holly Wick, Elkhorn, Wis. (31) 53:32 16. Cheryl Rellinger, Greer, SC (26) 54:06 17. Susan Liers, Stonybrook, N.Y. (33) 54:32 18. Cindy Paffumi, Menlo Par, Kal. (37) 54:40 19. Ellen O'Shuaghnessy, New York, N.Y. (32) 55:41 20. Debbie McLaughlin, Waynesboro, Vir. (28) 56:48 21. Phyllis Hansen, Fords, N.J. (40) 57:17 22. Pauline Stickels, Greenbelt, Md. (35) 58:30 24. Valerie Meyer, Arlington, Vir. (33) 61:11 25. Lois Dicker, Silver Springs, Md. (52) 61:13 26. Glenda Elliott, Alexandria, Va. (38) 62:17 27. Donna Cetrulo, Long Beach, Cal. (44) 62:35 26. Beth Alvarez, Bowie, Md. (46) 64:12 29. Lynne Conant, New York, N.Y. (41) 65:11 30. Nancy Whitney, Silver Spring, Md. (55) 66:02. . 32. Patricia Nesley, Washington, D.C. (64) 67:17 (35 finishers)

Men's 20 Km: 1. Tim Lewis, Colorado Springs (29) 1:28:47 (43:45) 2. Ian Whatley, Greenville, SC (32) 1:29:12 (44:19) 3. Dave McGovern, Alexandria, Vir. (26) 1:29:31 (44:44) 4. Ray Funkhouser, Toms River, N.J. (41) 1:29:35 (44:18) 5. Mark Manning, Adams, Wis. (30) 1:29:46 (44:59) 6. Steve Pecinovsky, Jacksonville, Ark. (37) 1:29:46 (44:58) 7. Carl Schueler, Colorado Springs (36) 1:29:57 (44:41) 8. Marac Varsano, New York, N.Y. (27) 1:29:57 (44:59) 9. Dave Doherty, Kenosha, Wis. (21) 1:33:46 (47:21) 10. Richard Quinn, San Francisco (28) 1:33:49 (45:26) 11. Curtis Fisher, Colorado Springs (25) 1:34:40 (44:57) 12. Donald DeNoon, Carbondale, Ill. (48) 1:36:09 (46:07) 13. Scott Widdall, Lancaster, Penn. (38) 1:37:51 14. Dan O'Brien (27), Port Huron, Mich. 1:38:00 15. Danny Fink, Swope, Vir. (28) 1:41:01 16. Nick Bdera, Roosevelt Island, N.Y. (443) 1:44:27 17. Michael Karol, Forest Hills, N.Y. (33) 1:45:34 18. Alan Price, Washington, D.C. (45) 1:47:55 19. Justin Kuo, Boston, Mass. (37) 1:52:05 20. Robert Elliott, Alexandria, Vir. (42) 1:58:24 21. Mitch Segal, Rockville, Md. (41) 2:01:27 22. Jacinto Mogen, Lincroft, N.J. (46) 2:01:41 23. Martin Smith, Cedar Rapids, Iowa (42) 2:04:46 Those not finishing included Paul Wick, Robert Briggs, Steve Vaitones, and Doug Fournier DQ--Michael Nixon and James Lemert Jr. **Men's 10 Km:** 1. Sean Albert, Paramus, N.J. (18) 49:13 2. Kevin Eastler, Farmington, Maine (14) 55:48 **Jr. Women's 5 Km:** 1. Melissa Baker, New York, N.Y. (15) 26:44 2. Alison Zabrenski, Bowie, Md. (13) 29:40 5 Km: 1. Jeff Salvage, Philadelphia (24) 23:47 2. Jay Gobrecht, Philadelphia (36) 25:40 3. Malcolm Posey, Arlington, Vir. (36) 27:16 4. Ron Morra, Dover, Del. (43) 27:33 5. Victor Litwinski, Arlington, Vir. (48) 29:26 6. Thomas Zdrojewski, Wilmington, Del. (51) 29:35 7. Joel Dubow, Havertown, Penn. (49) 29:37 8. Edwin Gawinski, Wilmington, Del. (65) 29:41 9. Edward Merrill, Wilmington, Del. (59) 29:53 10. Ron Clarke, Hyattsville, Md. (45) 30:07 **Women:** 1. Dorit Attias, New Jersey (30) 28:38 2. Ellen Marshall, Philadelphia (35) 28:59 3. Jessica Krow, Philadelphia (40) 30:09

James blasts 20 in Long Beach

Long Beach, Dal., March 22--Ignoring rain and chilly temperatures, Allen James tore through the St. Patrick's Day 20 Km today to become the third fastest American all-time at the distance. Leading all the way, James finished in 1:25:01, the fastest time by an American since Tim Lewis did 1:22:17 at the Alongi Memorial in September 1989. Among Americans, only Lewis (seven times), Jim Heiring, and Ray Sharp have ever gone faster. Heiring did 1:24:51 in 1983 and Sharp 1:23:58 in 1986. In second place, Dave Marchese shattered his personal best to easily make the Olympic Trials qualifying standard with a 1:28:56. Alison Ahston led the women in 1:58:32. Results:

Men 20-29: 1. Allen James, AIA 1:25:01 2. Dave Marchese, AIA 1:28:56 3. Vance Godfrey, AIA 1:32:37 4. Richard Ashton, ES 1:40:07 5. David Thomas, BTC 1:47:24 30-39--1. John Kerfoot, un. 1:33:33 2. James Lenschau, GGRW 1:34:45 3. Chris Rael, SCW 1:42:32 4. Richard Lenhart, SCW 1:44:10 5. Chris Dreher, WCLA 1:48:15 6. Wilson Crone, IER 2:01:22 40-49--1. Bill Penner, un. 1:48:43 2. Enrique Camarena, SCW 1:58:30 3. Peter Armstrong, NMR 1:59:46 4. Jesus Orendein, WCLA 2:01:12 5. Art Grant, SCW 2:01:34 6. Brian LaBounty, ES 2:04:35 (8 finishers) 50-59--1. Jim Coots, ES 1:56:12 2. Bill Neder, WCLA 1:56:21 3. Richard Oliver, WCLA 1:56:54 4. Carl Acosta, WCLA 1:58:10 5. Ronald Baers, ES 2:00:39 (9 finishers) 60-69--1. Ted Greiner, ES 2:14:34 2. Dave Short, ES 2:16:58 (y finishers) 70+--1. Jorge Newbery, SCW 2:24:21 **Women 20-29:** 1. Alison Ashton, ES 1:58:32 2. Andrea Johnson, SCRR 2:01:34 30-39--1. Brenda MacIsaac, ES 2:07:33 2. Margery Adams, EES 2:13:17 40-49--1. Kathy Blackmer, ES 2:04:33 2. Lorraine Miller, ES 2:07:21 3. Vangie Campos, WCLA 2:14:04 4. Helen Hoover, ES 2:16:40 (6 finishers) 50-59--1. Jaye Hanley 1:59:59 2. Helen Palomo, ES 2:14:04 **5 Km, same place:** Junior Women: 1. Danielle Kirk 28:28 2. Dori Cracchilo 30:45 **Women 20-39--1.** Fran Bustos 23:46 2. Lissz Salvato 25:14 3. Margaret Govea 25:46 3. Brenda Long 27:08 4. Carmen Jacinsky 27:12 **Men 40-54--1.** Keith Ward 23:07 2. Ray Kraus 26:34 3. Ernest Ramos 29:21

OTHER RESULTS

5.8 Mile, Marlborough, Mass., March 22--1. Mark Fenton 44:28 2. Steve Vaitones 47:22 3. Brian Savilonis 47:39 (1st 40-44) 4. Phil McGaw 48:52 (2nd 40-44) 5. Joe Light 50:01 (3rd 40-44) 6. Justin Kuo 52:20 7. Bob Ullman 54:09 (4th 40-44) 8. Ken Mattsson 54:43 (13 finishers) **20 Km, Framingham, Mass., April 5--1.** Bob Keating 1:41:01 (1st 45-49) 2. Steve Vaitones 1:42:13 3. Phil McGaw 1:44:55 (1st 40-44) 4. Brian Savilonis 1:51:48 (2nd 40-44) 5. Joe Light 1:53:37 (3rd 40-44) 6. Bob Ullman 2:00:16 (4th 40-44) **Women:** 1. Emily Hewitt 2:11:51 (1st 45-49) 2. Shelley Cantor 2:18:21 (1st 40-44) (8 men, 6 women finished) **Women's 10 Km, New York City, April 19--1.** Maryanne Torrellas 49:03 2. Kaisa Ajaye 50:46 **20 K, same place--1.** Marc Varsano 1:29:01 **8 Km, Washington, DC, Jan. 1--1.** Richard Quinn 36:23 2. Bob Elliott 47:56 3. Ronald Clarke 47:56 4. Regis Harkins 48:21 5. John Moss 48:22 **Women:** 1. Glenda Elliott 48:30 **10 Mile, Washington, DC, Dec. 28, 1991--1.** Richard Quinn 1:20:33 2. Bob Briggs 1:20:33 3. Jim Lemert (56) 1:39:04 4. Sal Corrallo (60) 1:39:04 **20 Km, Bethesda, Md., March 1--1.** Bill Norton (42) 1:58:20 2. Alan Price (44) 2:02:42 3. Bob Elliott (42) 2:02:43 4. James Lemert (56) 2:02:53 5. Sal Corrallo (60) 2:03:05 **Women:** 1. Tracey Briggs (30) 1:48:00 2. Valerie Meyer (32) 2:13:07 **15 Km, Furman University, S.C., March 14--1.** Dan O'Brien 1:18:16 2. Dave Waddle

1:26:30 3. David Hale 1:28:15 (1st 40-44) 4. Bill CHelf 1:29:20 (1st 50-54) Women: 1. Cheryl Rellinger 1:21:14 **3 Km, same place--1. Ian Whatley 12:31 2. Mike Michel 17:48 (1st 60-64) 3. Stan Pauls 18:19 (10 finishers) (And, your editor received a very nice shirt from the race, for which I have still neglected to thank Ian Whatley. Ian, if you haven't gotten a note by the time you get this, I apologize.) 5 Km, Lake Worth, Florida, March 28--1. John Fredericks (44) 23:45 2. Eric Schmook (28) 25:52 3. Lee Duffner (55) 27:01 4. Peter Black (49) 27:04 5. Lowell Tuttle (58) 30:21. . . Sam Gadless (85) 36:48 (reported as World age group record) (26 finishers) Women: 1. Linda Stein (44) 27:28 2. Tamar Shendell (26) 28:52 3. Nicole Swift (25) 29:31 4. Donna Pape (39) 29:40 . . . Miriam Gordon (66) 32:32 (reported as World age group record) **10 Km, Winter Park, Florida, March 28--1. Chuck McLaughlin 57:43 2. Paul Alvoord 59:45 (1st 40-49) 3. Jim Malone 60:05 (2nd 40-49) 4. Robert Carver 62:35 5 Km, FLorida, April 11--1. Burns Hovey 26:45 3. Chuck McLaughlin 28:16 3. Steve Christlieb 28:51 4. Robert Carver 30:37 5 Km, Metairie, Louisiana, Feb. 8--1. Mike Adams 29:27 2 Mile, Westwego, La., March 8--1. Don Lee 17:08 2. Vince Salito 19:53 Women: 1. Sharon Lewis 19:52 **10 Km, Slidell, La., Feb. 22--1. Ed Whiteman 55:42 2. Mike Adams 63:10 Jack Mortland Invitational, Columbus, Ohio, April 12: Women's 10 Km--1. Sara Standley (25) 49:58 (12:18, 24:47, 37:20) 2. Gayle Johnson (43) 51:21 (12:41, 25:36, 38:43) 3. Mary Will (42) 59:12 (14:07, 29:11, 44:10) 4. Tatiana Maier (30) 60:30 (14:07, 29:11, 44:25) 5. Lenore Norris (38) 60:46 (14:42, 30:12, 45:22) 6. Mary Briegeman (41) 64:44 Men's 20 Km--1. Dan O'Brien (27) 1:37:53 (24:16, 48:48, 1:13:20) 2. Bill McCray (42) 1:47:53 (26:20, 53:22, 1:20:20) 3. Max Green (60) 1:48:44 (26:56, 53:43, 1:21:01) 4. Terry McHoskey (50) 1:49:31 5. Victor Sipes (49) 1:52:43 6. Jim Spitzer (60) 2:04:48 **5 Km, Dearborn, Mich. April 12--1. Marino Scerpella 27:46 2. Walter Lubzik 27:48 3. Robert Campbell 28:04 Women's 3 Km, same place--1. Diane Podsiadlik 16:34 2. Debbie Benton 16:45 3. Valerie Stowe 16:56 **10 Km, Kenosha, Wis., April 12--1. Dave Doherty (21), UW-Parkside 45:35 2. Jon Jorgenson (23), PAC 47:19 3. Dean Linehan (18), UW Parkside 48:15 4. Tom Krasnoff (22) WM Parkside 48:43 5. Pete Williams (39), PAC 50:15 6. Don Mowles (49), PAC 51:16 7. Steve Harvey (18), UWP 51:20 8. Dean Easterlund (43), East Moline, Ill. 54:20 9. Al Fisher (53) Chicago 56:12 10. Patrick Bautch (26) Milwaukee 59:42 11. Steve Frey (42), Colgate, Wis. 59:45 12. Jonathan Udeskey (36), Chicago 63:22 (19 finishers) Women: 1. Michelle Rohl (26), PAC 46:48 2. Susan Armenta (18), UWP 48:44 3. Jen Salewski (21), UWP 48:45 4. Holly Wick (31), Elkhorn, Wis. 50:48 5. Gina Impagliazzo (22), UWP 51:27 6. Ali DeWitt (19), UWP 51:43 7. Chris Sakelarios (32), PAC 52:07 8. Joyce Deckers (58), PAC 61:07 9. Diane Graham-Henry (46), Chicago 61:10 10. Ruth Leff (65), PAC 65:46 (18 finishers) **20 Km, same place: 1. Rob Cole and John Marter, Parkside AC 1:33:02 5 Km, Austin, Texas, April 12--Women: 1. Dana Yarborough 24:32 (a 25-year-old newcomer with lots of potential) 2. Heidi Epp 27:25 Men: 1. Richard Lotsinger 24:46 2. Adam Pawlik 25:00 3. Robert Rhode 25:21 **Indoor 2 Mile, Boulder, Col., Feb. 15--1. Viisha Sedlak 16:27 2. Bob DiCarlo (57) 17:01 3. Al Olsen 18:23 5 Km, Denver, Feb. 15--1. Sally Richards-Kerr 26:56 2. Megan Garner-Holman 27:15 3. Mike Blanchard 27:22 4. Daryl Meyers 28:05 5. John Tarin 28:13 6. Charlie Brown 30:13 (not sure if this is the Charlie Brown, but at age 44, probably not) **Indoor 3 Km, Colorado Springs, March 1--1. Sara Standley 14:46 2. Peggy Miller 15:22 3. Annette Sargent 15:37 4. Michael Blanchard 16:18 5. John Tarin 16:48 6. John Lyle (59) 17:22 **1 Mile, Boulder, March--1. Dan Pierce 7:43 2. Alan Yap 8:17 3. Mike******************

Blanchard 8:19 4. Daryl Meyers 8:38 5. John Lyle 8:47 6. Mike Calhoun 8:55 Women: 1. Viisha Sedlak 7:33 2. Megan Garner-Holman 8:09 3. Sally Richards-Kerr 8:23 4. Katy Kaplan 8:44 5. Pat Cooper 8:51 6. Lorraine Green 9:13 **10 Km, Walnut, Cal., April 12--1. Allen James 42:09 2. James Lenschau 45:19 3. Murray Day 47:55 3. Keith Ward (40-49) 48:19 5. Richard Ashton 48:39 6. Richard Lenhart 49:03 7. Estiel Soto 50:39 8. Antonio Armendariz 52:16 9. Chris Dreher 53:05 10. Paul Johnson (50-59) 54:41 11. Adam Mendonca 54:58 12. Jim Coots (50-59) 55:23 13. Jack Bray (50-59) 55:26 14. Bill Neder (50-59) 56:12 15. Richard Oliver (50-59) 56:29 16. Steve Leitner (40-49) 56:30 17. Ray Kraus (40-49) 56:57 18. Carl Acosta (50-59) 57:59 19. Alfredo Martinez 58:28 20. David Snyder (40-49) 59:52. . . Ted Greiner (60-69) 63:18 Women: 1. Francene Bustos 48:21 2. Lizzy Salvato 51:14 3. Claudia Leonard 51:23 4. Margaret Govea 52:48 5. Alison Ashton 56:36 6. Donna Cunningham (40-49) 56:47 7. Katahy Blakmer (40-49) 57:19 8. Andrea Johnson 57:35 9. Carmen Jacinsky 57:38 10. Jaye Hanley (50-59) 57:48 11. Danielle Kirk 59:59 12. Barbara Stevens (40-49) 60:51 **5 Km, San Francisco--1. Debby VanOrden 23:13 2. Cindy March 23:13 3. Cindy Paffumi 26:05 4. Monica Rutledge (16) 30:05 50 Km, Long Beach, April 5--Dave Marchese 4:20 (don't know if he won the race, as I don't have the result, just Dave's time from the Sierra Racewalkers Newsletter. But this puts Dave in the Trials field. He had 2:11 at 25 Km and clocked his fastest 10 Km of the day on the final one, so chances are he has a faster race to come.) **10 Km, San Jose, April--1. Jonathan Matthews 41:45 2. Dave Marchese 44:00 15 Km, Seattle, Feb. 29--1. Bob Novak 1:23:56 10 Km, same place--1. Stan Chraminski 51:36 2. Lew Jones 58:40 **3 Km, Seattle, March 6--1. Stan Chraminski 14:36.5 2. Bob Novak 15:10.4 3. Bev LaVeck 17:20.7 Indoor 3 Km, Seattle, March 20--1. Stan Chraminski 14:38.4 2. Bev LaVeck 17:26 3. Marc Olsen 17:47 4. Dick Bennett 18:13 **10 Km, Seattle, April 11--1. Stan Chraminski (44) 51:08 2. Glenn Tachiyama 52:05 3. Bruce Harland 52:42 4. Bob Novak (42) 52:43 5. Lew Jones (46) 58:30 6. Bev LaVeck (55) 60:47 **20 Km, Portland, Oregon, April 18--1. Vance Godfrey 1:29:27 2. John Kerfoot 1:31:30************

From Other Lands: 20 Km, Monterey, Mexico, April 12--1. Igor Kollar, Czech 1:22:57 2. Roman Mrazek, Czech. 1:23:02 3. Mikhail Sce=hennikov, Russia 1:23:08 4. Ernesto Canto, Mexico 1:23:18 5. Walter Arena, Italy 1:23:34 6. Joel SAanchez, Mex. 1:23:43 7. Daniel Garcia, Mex. 1:24:00 8. Yevgeniy Misyula 9. Clodomiro Moreno, Colombia 1:25:24 10. Hector Moreno, Col. 1:25:35 11. Albert Cruz, Mex. 1:25:41 12. Pavol Blazek, Czech. 1:25:47 13. Franz Kostyukevich, Russia 1:25:58 14. Andrei Perlov, Russia 1:26:46 15. Orlando Diaz, Col. 1:26:47 16. Guiseppe DeGaetano, Italy 1:27:12 17. Vladimir Andre, Russia 1:27:23 18. Daniel Plaza, Spain 1:27:24 19. Giovanni Pericelli, Italy 1:27:29 20. Hirofumi Sakai, Japan 1:27:35 21. Juan Jose Sanchez, Mex. 1:27:42 22. Querubin Moreno, Col. 1:27:51 23. Mario Hernandez, Mex. 1:28:25 24. Hector Robles, Mexico 1:28:48 25. Alexander Potashev, Russia 1:29:29 26. Rogelio Sanchez, Mex. 1:29:58 27. Alejandro Lopez, Mex. 1:29:58 . . . 33. Pavol Szikora, Czech. 1:32:18. . . 71. Gary Morgan, US 1:43:59 (Appears to be the classiest race in history outside of Olympics and World Cups) **Women's 10 Km, same place--1. Alina Ivanova, Russia 45:24 2. Ileana Saiko, Russia 43:59 3. Ana Rita Sidoti, Italy 46:36 4. Corinne Whissell, Canada 47:40 5. Marcel Chavez, Mex. 47:47 6. Eva Machuca, Mex. 47:53 7. Rosario Chavez, Mex. 48:04 8. Francisca Martinez, Mex. 48:41 9. Benita Trujillo Mex. 48:46 10. Maria De La Luz**

Colin, Mex. 50:19 **European Indoor 5 Km Championship, March 7--1.** Giovanni de Benedictis, Italy 18:19.97 (Championship and Italian record) 2. Frants Kostyukevich, CIS 18:25.40 3. Stefan Johansson, Swed. 18:27.95 4. Ronald Weigel, Germany 18:44.74 5. Igor Kollar, Czech. 19:03.12 6. Jan Staaf, Swed. 19:04.48 7. Robert Ihly, Germany 19:04.52 8. Miroslav Bosko, Czech. 19:04.98 9. Jean Claude Corre, France 19:05.61 10. Karol Reposky, Czech. 19:15.28 11. Denis Langlois, France 19:19.29 12. Valdas Kazlauskas, Lithuania 19:25.01 13. Pietro Fionni, Italy 19:34.48 **DQ--Grigoriy Kornev, CIS** **European Women's 3 Km--1.** Alina Ivanova, CIS 11:49.99 2. Ileana Salvador, Italy 11:53.23 3. Beate Anders, Germany 11:55.41 4. Ana Rita Sidoti, Italy 12:04.51 5. Victoria Lina, Romania 12:10.43 6. Sana Eidikyte, Lithuania 12:13.67 7. Yelena Saiko, CIS 12:14.68 8. Peir Carola Pagani, Italy 12:14.74 9. Andrea Bruckman, Ger. 12:29.87 10. Simone Thust, Ger. 12:36.78 11. Beata Kaczmarzka, Pol. 12:43.91 **DQ--Madelein Svensson, Swed.** **Semi-finals the day before: 1-1.** Svensson 12:25.83 2. Anders 12:26.14 3. Ivanova 12:26.15 4. Sidoti 12:27.42 5. Pagani 12:30.35 6. Thust 12:43 7. Kaczmarzka 12:52.18 **DQ--Marchand, France II--1.** Salvador 12:41.94 2. Dedikyte 12:43.20 3. Lina 12:46.99 4. Saiko 12:48.25 5. Bruckman 12:48.51 **DQ--Radtke, pol.; Torporek, Aust.; and Szebensky, Hung.** **Women's 10 Km, Isle of Man, Feb. 29--1.** Vicky Lupton 47:11 2. Melanie Brooks 48:53 3. Sylvia Black 49:33 **Men's 20 Km, same place--1.** Andy Penn and Martin Rush 1:23:34 3. Steve Partington 1:24:53 4. Chris Maddocks 1:25:10 5. Mark Easton 1:28:03 (A comment on the race: "Penn admits that though his sessions are hard and fast, they never exceed 45 miles a week. One wonders what Penn would achieve with an increased mileage." Well, here is a bit of support for your editor's contention that 130 miles a week is necessary for world-class performance. I would suggest that what he might achieve with a very significant increase in mileage is time of from racing while an injury heals. Surprisingly, I have received no further comments on this issue since it came up a few months ago. Perhaps everyone is being secretive. **Women's 3 Km, Melbourne, Feb. 25--1.** Kerry Junna-Saxby 12:06.15 2. Lorraine Jachno 12:48.76 3. Sue Cook 13:11.09 **20 Km, Portugal, Jan. 11--1.** Jose Urbano 1:24:02 **Indoor 5 Km, Goteborg, Sweden, Feb. 5--1.** Stefan Johansson 18:43 **1 Hour, Lisbon, Portugal, March 15--1.** Jose Urbano 14,647 meters (40:57.9 at 10 Km) **Italian Indoor Championships, Genoa, Feb. 15:** Men's 5 Km--1. Giovanni de Benedictis 19:07.68 2. P. Fiorini 19:25.44 Women's 3 Km--1. Ileana Salvador 12:06.54 2. Ana Rita Sidoti 12:38.66 3. P. Pagani 12:44.94 **200 Km, Rheims, France, March 28-29--1.** Richard Brown 21:42.41 2. J. Gouvenauz 21:48.35 3. L. Machinic, Czech. 22:28.41 4. Sandra Brown 23:42.15 for 196 km. . .19. Don Thompson 23:46.44 for 188 km **Spanish 50 Km Championship, Badalona, March 22--1.** Jaime Barroso 3:48:08 (23 years old) 2. Jesus Garcia (22) 3:48:24 3. Jose Marin (42) 3:49:06 4. Jorge Llopart (Somewhere around 40) 3:49:31 5. Daniel Plaza 3:49:31 6. A. Marin 3:58:49 (Looks like a changing of the guard in Spain, but not by much) **Women's 10 Km, same place--1.** Encarna Granados 44:51 2. Emilio Cano 46:34 3. T. Palacio 46:34 (Reyes Sobrino and Maria Cruz disqualified)

GO HEEL TO TOE IN SOME OF THESE EVENTS

Sat. May 9 5 Km, Sacramento, Calif. (U)
1 Mile, Boston, Mass., 5 pm (I)

Sun. May 10 2 Mile, Denver (H)
5 Km, Davenport, Iowa (CC)
20 Km and Women's 10 Km, New York City, 8 and 9 am (G)
1 Mile, Alexandria, Virginia (J)
50 Km, Houston (BB)
2 Mile and 5 Mile, Denver (H)
5 and 10 Km, Shawnee, Kansas (R)
5 and 10 Km, Independence, Missouri (R)
5 Km, Somerset, Pennsylvania, 9 am (M)
5 Km, Virginia Beach, Virginia, 9:30 am (AA)
5, 10, and 20 Km, Kenosha, WI, 6 pm (T)
5 Km, Denver (H)
Sun. May 17 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)
Michigan TAC 10 Km, Port Huron (O)
12 Km, San Francisco (N)
Sat. May 23 1500 meters, Houston (BB)
5 Km, Miami (Q)
Sun. May 24 Sanford Kalb 9 Mile, Lakewood, N.J., 9 am (A)
1 Mile, Alexandria, Virginia (J)
15 Km, Fairmount, Calif., 8 am (B)
Mon. May 25 5 Km, Honesdale, Pa., 10 am (K)
5 Km, Atlanta, 8:15 am (D)
10 Km, Kentfield, Cal. (N)
Wed. May 27 1 Mile, Seattle, 6:15 pm (C)
Sat. May 30 5 Km, Sacramento, Cal. (N)
Sun. May 31 5 Km, Queens, N.Y., 9 am (G)
10 Km and Women's 5 Km, Dearborn, Michigan, 10 am (E)
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, Winthrop, Mass., 8:30 am (I)
Pac. Assn. 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)
2 Mile, Lakewood, CO. (H)
Masters 5 Km, Los Gatos, Cal. (N)
10 km, Long Island, 5 pm (W)
7.1 Mile, Mill Valley, Cal. (N)
Met. AC 10 Km, New York City, 8 am (G)
10 Km, Women's 5 Km, Dearborn, Michigan, 9 am (E)

- Thu. June 18 1 Mile, Alexandria, Virginia (J)
1 Mile Seattle, 6:15 pm (C) (And every Thrusday through 8/5
5 Km, Denver, 7 pm (H)
- Sat. June 20 8 Km, Sunnyvale, Cal. (N)
10 Km, Oak Grove, Missouri (R)
5 Km, Virginia Beach, Virginia (AA)
5 Km, Denver (H)
Masters 5 Km, Los Angeles (B)
- Sun. June 21 San Francisco Marathon (N)
5 Km, Chicago (V)
Empire State Games 5 Km Qualifier, New York City (G)
- Sat. June 27 13.7 Miles, Stinson Beach, Cal. (N)
5 Km, Rock Island, Illinois (DD)
2 Mile, Littleton, Col. (H)
5 Km, Bellingham, Washo. (C)
- Sun. June 28 10 Km, Women's 5 Km, Dearborn, Michigan, 9 am (E)
1 Mile, Alexandria, Virginia (J)
3000 meters, Lisle, Illinois (EE)
2.8 Miles, Seattle, Wash., 6 pm (C)
- Thu. July 2 10 Km, Milipitas, Cal. (N)
- Sat. July 4 5 Km, Bethpage, Long Island, 9 am (G)
5 Km, Evergreen, COL. (H)
Junior National 5 and 10 Km, Columbus, Ohio (X)
- Sun. July 5 1500 meters, Fitchburg, Mass., 11 am (I)

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E--Frank Alongi, 26530 Woodshire, Dearborn Hts., MI 48127
F--Ginger Mulanax, 11975 Gist Road, Bridgeton, MO 63044
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S--John White, 4865 Arthur Place, Columbus, Ohio 43220
T--Mike DeWitt, 4230 27th St., Kenosha, IW 53144
U--Sierra Racewalkers, P.O. Box 513, Carmichael, CA 95609
V--Jan Berezniak, P.O. Box 331, Addison, IL 60101

- W--Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787
X--Wayne Roberts, City Hall, Room 127, Columbus, OH 43215
Y--Dr. Kari Hanson, 1570 Broadway, Bangor, ME 04401
Z--John Hrones, 53 Coulton Park, Needham, MA 02192
AA--Juliette Alston, 447 San Roman Drive, Cheseapeake, VA 23220
BB--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072
CC--Cornbelt Running Club, P.O. Box 1032, Bettendorf, IA 52722
DD--Jerry Tutskey, Rock Island P*R Dept., 1320 24th St., Rock Island, IL 61201
EE--IL TAC RW Committee, 111 W. Butterfield, Elmhurst, IL 60126

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FROM HEEL TO TOE

I've goofed! I have a note from Elizabeth Longton that reads: "I've enclosed a flyer for Clarksville's first annual Spring Jubilee, which includes a competitive 5 Km race

walk. Would you please list this event in the next Ohio Racewalker Schedule of Events?" Well, I certainly would have, but I seem to have misplaced the flyer. So I don't know when the race is. If you want to find out, write Elizabeth at 211 Chelsea Court, Clarksville, TN 37043. . . An oversight in a result back in the October 1991 issue. In the Art Keay Memorial 10 Km in Toronto, Max Gould won his age category (70 and up) in 62:44, and was the overall winner on age-graded basis. . Eastend Racewalkers in New York City are hosting a program every Saturday from May 16 through September 26 at 8 am. The 55-minutes sessions include flexibility stretching and deep breathing coaching in the racewalking method for a complete cardiovascular workout. Call 369-WALK (I don't have the area code). . From Bob Fine, North American Masters Race Walking Chairperson: "In 1990 and 1991, the Road Runners Club of America (RRCA) accepted the membership of the Florida Walkers Club (FW). The club was advised that the club's membership would no longer be accepted as the FW was not a road running club. The position advanced by the RRCA leadership is that their constitution limits membership to the road running clubs. Issue was taken on this ruling on the grounds that the RRCA Constitution could be interpreted to permit inclusion of walking clubs; that various RRCA clubs engage in sponsorship of activities beyond road running (track meets, biathlons, triathlons, wheelchair, walking); and, that the FW have administered road races, as well as walking events. A proposed modification of the RRCA Constitution was proposed to substitute the word "athletics" for "road running" in the purposes. However, this proposal was not timely filed. The RRCA will present this for discussion at their convention in May. Walkers are becoming a major faactor in road races. Sometimes as many as 1/3 of the overall competitors are walkers. The walkers provide income, sponsorship and workers. It is not the desire of the walkers to "take over" the RRCA. Rather, the walking community is seeking better coordination with the RRCA. All walkers are urges to contact their local RRCA club and to have their club support the membership of walking clubs within the RRCA." . . Viisha Sedlak and the American Racewalk Association have

scheduled another Racewalk Training Camp, this one in Boulder, Colorado from May 21 through May 25. The cost is \$485. Contact the ARA at P.O. Box 18323, Boulder, CO 80308-8323. . . From the *Golden Gate Racewalkers Newsletter*: "During the past semester, a 5-4 husky 60-year-old man was seen racewalking every day around the Emory University campus in Atlanta. It turns out he was South African Archbishop Desmond Tutu, the Nobel laureate on apartheid, according to the *Los Angeles Times*. He was on a sabbatical teaching at the school of theology at Emory. Bishop Tutu's walks were only broken up when someone stopped to ask for an autograph or a blessing in the form of a hug." . . . Qualifying for the Olympic team: The following scenarios for making the Olympic team were clarified at the ICC meeting in New York on Thursday, Feb. 27. While this isn't a change, it does end the confusion that has ensued since the Seattle convention relating to protection of the champion. 1. There is no "B" standard! Every country is guaranteed one competitor in each event. This "B" standard keeps surfacing but there is no substance to it. Presently, it is used in the World Championships, but not for the Olympic Games. 2. The Olympic Trials champion will make the Olympic Team if no one has made the Olympic Games standard. 3. The Olympic Trials champion will make the team even if there is a lone qualifier who does not win. (This assumes, of course, that the OT champion has not made the standard.) 4. The Olympic Trials champion is not protected against two (or more) qualifiers who finish. The team will be selected from the order of finish. DNFs and DQs are not finishers. The top three athletes who have made the Olympic Games standard will make the team as chosen from the order of finish.

LOOKING BACK

25 Years Ago (From the April 1967 ORW)--Ron Laird turned in a 1:33:23 for 20 Km in California, beating Don DeNoon by just 1 second. . . Earlier, DeNoon had finished 2 minutes ahead of Laird in a 2:30:00 30 Km. . . Jack Mortland captured the Ohi 20 Km title in 1:41:13.

20 Years Ago (From the April 1972 ORW)--Out in Seattle, Larry Young walked a great 25 Km to win the national title in 1:57:28. Goetz Klopfer stayed close until the final mile, and was only a half-minute back at the finish, only to find he had been DQ'd. That left Bill Ranney (2:03:13) in second and Todd Scully third. . . Shaul Ladany won an annual 50 miler in New Jersey for the fifth time in 7:23:10, after passing 50 Km in 4:30:46. Bill Walker was second, a half-hour back. . . Young added the National 20 Km to his laurel, winning on Long Island in 1:32:43. Ron Daniel was second in 1:34:10, followed by Floyd Godwin, John Knifton, Jerry Brown, and Todd Scully. . . Young also had a 44:34 for 10 Km and covered 8 miles 415 yards in an hour in races in Missouri. . . In East Germany, Karl-Heinz Stadtmueller bettered the world record for 30 Km with a 2:14:16. Also in East Germany, Hans-Georg Reimann had a 1:26:13 for 20 Km. Paul Nihill did 1:26:55 in England.

15 Years Ago (From the April 1977 ORW)--Wayne Glusker and Dave Himmelberger shared the National 35 Km title, dead heating in 3:03:50 in Palo Alto. Bryan Snazelle was just 40 seconds back. . . The National 75 Km went, as expected, to Shaul Ladany in a record 7:04:48. Martin Kraft was second in 7:27:15, Alan Price

third, and Gerry Bocci fourth. Ladany passed 50 Km in 4:35:44. . . In Turku, Finland, Reima Salonen did an indoor 3 Km in 11:05.1, passing 1 mile in 5:53.2.

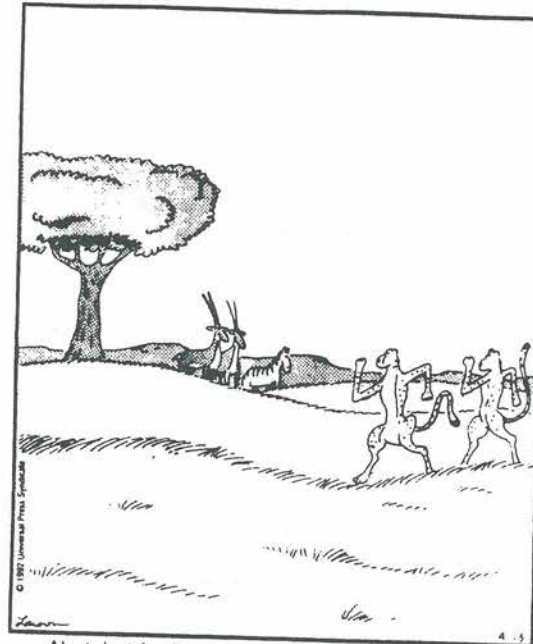
10 Years Ago (From the April 1982 ORW)--Marco Evoniuk left Jim Heiring after 17 miles and went on to a decisive win in the National 35 Km. His 2:48:08 left Heiring nearly 3 minutes behind. Ray Sharp was just under 3 hours in third. . . Ralf Kowalsky had a world record of 2:06:54 for 30 Km in East Germany.

5 Years Ago (From the April 1987 ORW)--Tim Lewis and Debby Lawrence emerged victorious in the DC Invitational walks. Lewis had 1:27:16 for 20 Km, 38 seconds ahead of Carl Schueler. Ray Sharp had 1:29:24, and Mike Stauch and Steve Pecinovsky 1:29:59. Dave McGovern was just 3 seconds over the hour-and-a-half mark. Lawrence had a convincing win in 47:33, 63 seconds ahead of Lynn Weik, with Maryanne Torrellas third in 48:56. The Vaill sisters, Teresa and Lisa, also broke 50 minutes.

* * * * *

Gary Larson and the Far Side catat up to racewalking, though misnaming it "speedwalking." I had seen this cartoon in the local paper and had planned to use, but I can't neglect giving credit to Kati McIntyre for sending it to me, also.

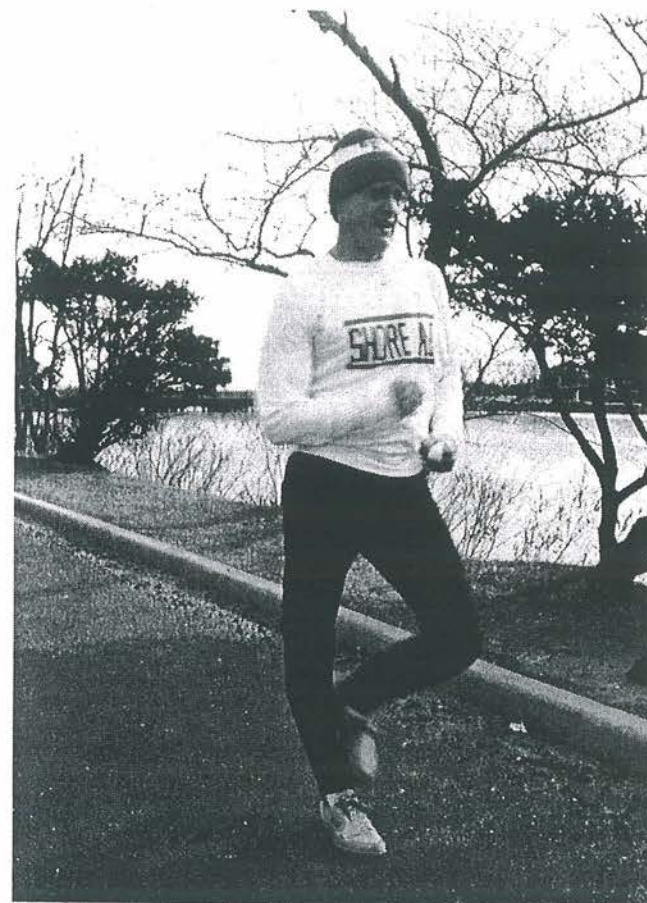
THE FAR SIDE



Alert, but far from panicked, the herbivores studied the sudden arrival of two cheetah speed-walkers.

British Women's Rankings-1991

- 1 **Betty Sworowski** 12.3.61 (6y, 2) *birth, GRS, rank*
 22:02.06 '89, 46:36.1 '89
 3km: 13:02.9, 13:23.21+; 1 Yorks
 5km: 22:29.04; 22:56R, 22:57R, 23:01+R; 2 RWA, 1 WAAA
 10km: 46:23.08, 46:51R; 45:59R, 46:01R, 46:38R, 46:48R, 47:23R 47:40R; 1 Manx, 1 RWA, 1 North, 9 SSG.21 W.Cup, 15 8N, 1 WAAA, 20 Worlds
 15km: 1:12:32; 1= RWA
- 2 **Victoria Lupton** 17.4.72 (2y, 5)
 22:51.86 '90, 48:12.2 '90
 3km: 13:03.4, 13:12.5, 13:47.78+; 2 Yorks
 5km: 22:36.81, 22:41.10, 22:51.38;
 22:43R, 22:50R, 23:17R, 23:26R; 2 North, 1 UK, 3 JI Espoo, 1 8N J, 1 RWA, 4 Eur J, 1 E Sch, 1 RWA J
 10km: 47:04R, 47:43.2; 47:30R, 47:38R, 48:57R; 3 RWA, 2 North, 39 W.Cup, dq WSG
 15km: 1:12:32; 1= RWA
- 3 **Helen Elleker** 21.3.56 (8y, 4)
 22:51.23 '90, 46:25.2 '90
 3km: 13:31.7, 13:49.0e+, 13:49.6+; 3 Yorks
 5km: 23:26.18, 23:27.70; 23:07R, 23:48R, 24:12+R; 1 North, 2 UK, 4 RWA, 2 WAAA, 39 Worlds
 10km: 47:26R, 47:49R, 47:49R, 48:56R, 49:12R, 49:40R; 2 RWA, 12 Dudince, 43 W.Cup, 19 8N, 38 Worlds
 15km: 1:15:17; 3 RWA
- 4 **Julie Drake** 21.5.69 (6y, 3)
 22:50.0 '90, 45:53.9 '90
 3km: 13:26.0, 13:36.2, 13:29.72i, 13:43.71i
 5km: 22:40.0; 23:41R, 24:15+R; 1 Bexley
 10km: 46:44.5, 47:41.5; 47:35R, 48:11R, 48:42R, 49:47R; 4 RWA, 10 Dudince, 60 W.Cup, 20 8N, 39 Worlds
 15km: 1:16:27; 1 Steyning
- 5 **Sylvia Black** 16.4.58
 23:54.38 '90, 50:13R '90
 3km: 13:48.44, 14:01.0e+, 14:22.2+
 5km: 23:44.88, 24:35.03, 24:53.14;
 23:48R; 3 UK, 1 Mid, 3 RWA, 4 WAAA
 10km: 49:16R, 49:35R, 49:37R, 50:48R; 6 RWA, 21 Dudince, 25 8N
- 6 **Verity Larby** 13.11.70 (2y, 7)
 23:46.68 '90, 50:51R '90
 3km: 13:50.80i, 13:53.33i, 14:09.76i
 5km: 23:52R, 24:07R, 24:12R; 2 Bexley
 10km: 49:27R; 5 RWA
- 7 **Karen Smith** 1.6.61 (2y, 11)
 26:00.57/24:32R '89, 52:18R '89
 3km: 14:03.2, 14:31.4+, 14:41.8+
 5km: 24:24.45, 24:57.48; 24:10R, 25:08R;
 1 Mid, 4 UK, 5 RWA, 5 WAAA
 10km: 52:20i, 50:37R, 50:43R, 51:11R, 52:17R; 8 RWA, 23 8 N, 2 Mid, 10 Sdr Omme, 4 Holmewood
- 8 **Sarah Brown** 28.9.64 (6y, 8)
 24:05.38 '89, 50:05.4 '87, 49:22R '89
 3km: 14:01.0, 14:08.0, 14:27.4
 5km: 24:00.0; 24:13R; 24:35R, 24:39R, 24:44R, 25:23R; 3 Bexley, 1 Sth, 6 RWA, 6 WAAA, dq U23 Vigo
 10km: 48:56.5; 49:55R, 51:04R, 51:05R, 51:11R; 9 RWA, 1 Sth, 7 Sdr Omme
 15km: 1:17:00, 1:17:56; 2 Steyning, 4 RWA
- 9 **Melanie Brooks** 5.4.64 (2y, 9) 25:12.17 '90,
 25:06 R '89, 51:33R '90
 3km: 14:21.7+, 14:33.97, 14:37.2+
 5km: 24:28.90, 24:43.95; 24:33R, 24:47R;
 5 UK, 7 RWA, 3 WAAA
 10km: 50:02.0, 50:10.85; 49:55R, 51:26R, 51:55R; 11 RWA, 1 Mid, 2 WAAA, 1 Holmewood
 15km: 1:20:13; 5 RWA
- 10 **Andrea Crofts** 7.9.70 (3y, 10)
 24:24.31 '89, 24:15R '90; 52:09R '90
 3km: 14:27.79, 14:40.4+, 14:47.89i
 5km: 25:13.70; 25:14R, 25:22R; 2 Mid, 6 UK
 10km: 50:56R, 51:16R, 51:31R; 10 RWA, 13 Holmewood
 15km: 1:21:14; 6 RWA
- 11 **Joanne Pope** 17.1.71 (1y, -)
 24:35.0 '90; 53:11R '89
 3km: 14:20.0, 14:47.5
 5km: 24:48.0; 24:23R, 24:41R, 25:02R
 10km: 51:07.6; 51:12R, 52:34R; 14 RWA
 15km: 1:20:50; 3 Steyning



Ray Funkhouser strides to victory in the February 1 10 Km walk-run in Long Branch, New Jersey as he begins terrorizing the master's ranks. (Elliott Denman photo)