

Ohio Race Walker  
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# OHIO RACEWALKER

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## Lawrence leads first U.S. women walkers into Olympics; Herazo, Rohl capture other two berths

New Orleans, June 22--Debbi Lawrence easily confirmed her place as the country's top female racewalker in winning the 10 Km at the U.S. Olympic Trials tonight. Debbie, age 30 and now living back in Wisconsin, has won the last two National titles at 10 Km and been ranked number one in the country in both 1990 and 1991. Her winning time of 45:46 was better than a minute off the 44:41 she turned in last month, but impressive in the New Orleans heat. With the win, she became the first U.S. woman to make the Olympics in racewalking, with the event being contested for the first time this year. She has, however, been on the last five U.S. World Cup teams.

Finishing a strong second was 33-year-old Victoria Herazo, walking the best time of her career, 46:21. Ranked number three in the country last year, she has been improving each year. Victoria was on last year's World Cup team and was the second American to finish in that race. Michelle Rohl, in third, made her first International team and had a personal best 46:50, but is no big surprise. The 26-year-old Rohl was ranked fifth in the country last year and has been walking very strongly this spring. The unlucky fourth place finisher was Debby VanOrden.

Lynn Weik, the number one ranked U.S. walker in 1989 and second the past two years, could manage only sixth today. Our perennial internationalist, Teresa Vaill, failed to finish in her first shot at an Olympic team.

Following the race, Lawrence noted: "It was a nice race, no sun, fun, and relaxing. There was only pressure because it was for the Olympic Team. I pulled away at about 3 Km. Once I settled into a pace, I maintained that effort for the rest of the race. I didn't have to focus on time and went on body feel. I'll have to look at my splits to see if I maintained or if the heat affected me at all. In the final stretch, I was thinking about all the years I have worked at this--since 1981, and now I was on the Olympic team."

The elated Herazo said: "I moved to Las Vegas 6 months ago to train under extreme conditions. I want to thank my boss from the City of Los Angeles Department of Animal Regulation for giving me the time off from work. I also want to thank Jim Bentley, my coach, who introduced me to racewalking. I was very excited that I made second place. I've been training very hard and hoping to break 46 minutes. Considering how the race was paced, I was very pleased."

"And from an equally jubilant Michelle Rohl, this: "I was not completely sure I'd make it, but I thought I had a pretty good shot. I went out and stayed sixth or seventh and waited for people to fall back. When I was sixth, I was pretty sure that I'd make third place." And about coming back from the birth of her daughter Molly, who will be 2 next week: "It was harder than I thought, but I did finish fourth at the Nationals last year within

SECOND CLASS POSTAGE  
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less than a year of having her. It's easier to come back to walking than running." The results:

1. Debbie Lawrence, un. 45:46 2. Victoria Herazo, Cal. Walkers 46:21 3. Michelle Rohl, Parkside AC 46:50 4. Debby VanOrden, un. 47:32 5. Cindy March, Golden Gate Race Walkers 47:52 6. Lynn Weik, Natural Sport 48:01 7. Lynda Brubaker, un. 48:33 8. Kim Wilkinson, Monterey Peninsula WC 49:37 9. Maryanne Torrellas, un. 50:25 10. Susan Armenta, U. of Wis. Parkside 50:30 11. Viisha Sedlak, Easy Spirit 50:55 12. Tracey Wong-Briggs, Potomac Valley Seniors 51:42 13. Lizzy Kemp-Salvato, Natural Sport 51:49 14. Jennifer Zalewski, Parkside AC 51:56 15. Holly Wick, un. 52:15 16. Karen Stoyanowski, West Valley TC 52:30 DQ==Francene Bustos, Easy Striders; Sara Standley, un. DNF--Teresa Vaill, un.; Dana Yarbrough, un.

## James captures 20 Km trial; lone qualifier

New Orleans, June 24--Allen James dominated the field to win the 20 Km Olympic Trial in 1:29:38, as the New Orleans prevented anyone from approaching the Olympic Qualifying standard of 1:24. The 28-year-old, Southern California athlete was more than 4 1/2 minutes off his best time earlier this year, but 45 seconds ahead of second-place Gary Morgan. Morgan, 32, represent the New York AC but resides in Michigan. Jonathan Matthews, age 35, and a relative newcomer to the sport, was not far behind Morgan in third. In a night for the aging walker, 40-year-old Ray Funkhouser excelled in finishing fourth and 36-year-old Carl Schueler (already on the Olympic Team at 50 Km) was sixth. Tim Lewis, winner of the last seven national titles at the distance, and ranked number one in the country in six of those years, could manage only ninth place tonight.

As of this moment, James will be the only U.S. 20 km walker in Barcelona, since no one has met the qualifying standard. The only way he could lose that position now would be for two others to better the standard in the next month, and that appears doubtful. Only Lewis, with five career times under 1:24, has approached it.

Following the race, James had this to say: "My plan was to go out at an even pace and pick it up between 5 and 10 Km. It is pretty tough out there, but I tried to forget about the weather conditions. It's tough to prepare for humidity, especially when you live in Southern California, where it is hot but not humid. I'd just wear a couple of shirts and a jacket and have people laugh at me." It worked.

Morgan noted: "I had two red cards for lifting by 10 Km. I probably slowed down a little bit because of it, but it didn't make a difference in the race. He was going to beat me." Matthews said: "None of us have an Olympic qualifying standard, so Allen is probably going to be the only one to go to Barcelona. I'm trying on July 7 for a 1:24."

The results:

1. Allen James, Athletes in Action 1:29:38 2. Gary Morgan, NYAC 1:30:23 3. Jonathan Matthews, Golden Gate Race Walkers 1:30:39 4. Raymond Funkhouser, Shore AC 1:31:56 5. Dave McGovern, NYAC 1:32:21 6. Carl Schueler, un. 1:32:23 7. Ian Whatley, Pot. Val. Srs. 1:33:41 8. Doug Fournier, un. 1:34:37 9. Tim Lewis, un. 1:34:46 10. John Marter, U. of Wis. Madison 1:35:01 11. Don Lawrence, un. 1:35:48 12. Marc Varsano, un. 1:36:58 14. Mark Manning, Parkside AC 1:39:04 15. Rob Cole, un. 1:40:07 16. Curtis Fisher, NYAC 1:40:59 17. Robert Briggs, Pot. Val. Srs. 1:44:09 17. Steve Pecinovsky 1:45:41 DQ--Andrzej Chylinski, NYAC; David Marchese, Athletes in Action; Dan O'Connor, Stars and Stripes TC; and Vance Godfrey, Athletes in Action.

## AND MANY OTHER RACES

**2.5 Mile, Bedford, Mass., May 24--1.** Tom Knatt (50-54) 21:13 2. Bob Ullman (40-44) 21:17 3. Justin Kuo (35-39) 21:18 4. Charlie Mansbach (45-49) 23:51 Women: 1. Carol Kuo (40-44) 26:36 **5 Km, Needham, Mas., May 19--1.** Brian Savilonis (40-44) 23:57 2. Joe Light (40-44) 24:18 3. Bob Ullman 26:49 4. Ken Mattsson (20-29) 26:52 5. Justin Kuo 27:09 6. Tom Knatt 28:27 7. Charlie Mansbach 30:34 . . . 12. Frank Rueben (80-84) 35:39 (27 finishers) Women: 1. Evelyn Brandlow (35-39) 31:36 (38 finishers) **5 Km, WInthrop, Mass., June 6--1.** Bob Keating (45-49) 22:35 2. Steve Vaitones (30-34) 24:38 3. Brian Savilonis 25:01 4. Phil McGaw (40-44) 27:09 5. Bob Ullman 27:12 6. Tom Knatt 27:19 7. Will Desrosiers (30-34) 29:02 (11 finishers) Women: 1. Chris Anderson (35-39) 28:08 2. Shelley Caantor (40-44) 31:05 3. Evelyn Bandlow 31:05 (12 finishers) **5 Mile, Grafton, Mass., June 13--1.** Justin Kuo 44:50 2. Will Desrosier 46:05 (5 finishers) **Met. Athletics Congress 5 Km, New York City, June 6--1.** Micharel Korol 22:43.30 2. Sean Albert 22:45 3. Dannyu Vogel 24:25 4. Alan Sangeap 27:51 5. Howarad Jacobson 27:53 **Met. AC 3 Km, same place--1.** Franco Pantoni 14:25.61 (1st 45-49) 2. Tom Roeder 15:25 (1st 50-54) 3. Melissa Baker 15:30 4. Stanley Schechter 16:32 (1st 55-59) 5. Paul Butkovich 17:15 (2nd 45-49) 6. Elton Richardson 17:25 (1st female 50-54) (13 finishers) **Eastern Regional 50 Mile, West Long Branch, N.J., May 17--1.** Alan Price 8:46:34 2. Shaul Ladany, Israel 9:16:52 3. Elliott Denman 10:42:29 **Eastern Regional 50 Km, same place--1.** Dr. Patrick Bivona (51) 5:30:16 2. Manny Eisner (51) 5:58:41 3. Avram Shapiro (56) 6:24:54 4. Dr. Gerry Kass (52) 6:33:38 Women: 1. Micheline Daneau, Can. 5:02:55 2. Marcia Shapiro (53) 6:27:42 **Sanford Kalb 9 Mile, Lakewood, N.J., May 23--1.** Ray Funkhouser 1:02:50 2. Jack Tannachion 1:22:47 3. Bob Mimm 1:23:13 4. Dr. Patrick Bivona 1:24:31 5. Tim Chelius 1:25:27 6. Steve Pinto 1:26:34 7. Manny Eisner 1:27:56 8. Ben Ottmer 1:29:12 9. Michael Nixon 1:30:31 Women: 1. Pat Weir 1:25:43 2. Sheila Smith 1:30:35 **New Jersey Masters 5 Km, West Long Branch, May 31--M30--Cliff Mimm 23:04 M35--Frank Darden 29:49 M40--Ray Funkhouser 21:02 M45--Jack Lach 29:32 M50--Manny Eisner 28:41 M65--Bob Mimm 30:02 M75--**



-Harry Drazin 37:10 W40-Phyllis Hansen 27:43, Pat Weir 28:57, Donna Cetrulo 30:50 **5 Km, Long Branch, N.J., June 8**-1. Ray Funkhouser 22:02 2. Jack Tannachion 27:44 3. Manny Eisner 28:05 4. Jeff Davis 29:13 Women: 1. Geri-Lynn BUckholz 26:28 2. Phyllis Hansen 26:35 3. Donna Cetrulo 29:42 **1 Mile, Alexandria, Virginia, May 3**-1. Valeria Meyer 8:52 2. Lois Dicker (52) 9:04 3. Jane Hein 9:07 **3 Km, same place**-1. Alison Zabrenski (13) 17:35 2. Valerie Meyer 18:20 **1 Mile, Alexandria, May 10**-1. Bobby Briggs 6:55 2. Tracey Briggs 7:20 3. Bob Elliott (43) 7:41 4. Jim Lemert (56) 9:18 5. Nancy Whitney (56) 9:19 6. Bill O'Reilly (66) 9:47 **3 Km, same place**-1. Tracey Briggs 14:15 2. Jim Lemert 17:55 3. Nancy Whitney 18:24 4. Bill O'Reilly 19:39 **20 Km, Washington, DC, May 17**-1. Martin St. Pierre, Can. 1:29:17 2. Steve Pecinovsky 1:33:46 3. Bob Briggs 1:40:09 **Women's 10 Km, same place**-1. Maryanne Torrellas 48:28 2. Lynda Brubaker 49:41 3. Tracey Briggs 50:08 4. Lisa Sonntag 50:17 5. Cheryl Rellinger 50:21 6. Kaisa Ajaye 53:00 7. Lois Dicker 59:47 (11 finishers) **Jr. 10 Km, same place**-1. Pascal Pedneault, Can. 46:26 **5 Km, same place**-1. Alison Aabrenski 29:12 2. Valerie Meyer 29:26 3. Jim Miller 30:58 (14 finishers) **10 Km, Knoxville, Tenn., May 28**-1. Elizabeth Longton (42) 59:35 **3 Km, same place (earlier in day)**-1. Elizabeth Longton 16:31.64 **5 Km, Clarksville, Tenn., May 2**-1. Cecil Vaughan (54) 30:39 2. Ann Viles (48) 31:47 **5 Km, Orlando, Florida, May 30**-1. Burns Hovey 26:33 2. Paul Alvord 28:26 3. Steve Christlieb 29:10 4. Chuck McLaughlin 29:12 5. Robert Carver 31:00 Women: 1. Debra Tossas 30:09 2. Alba Campbell 31:13 **Women's 5 Km, Dearborn, Mich., May 31**-1. Debbie Benton 26:38 2. Louise Mitchell 27:41 3. Diane Podsiadlik 28:51 Masters: 1. Valerie Stowe (50) 27:54 2. June Provost 29:36 **10 Km, same place**-1. Gary Morgan 42:34 Masters: 1. Max Green 51:02 2. Terry McHoskey (50) 51:50 3. Victor Sipes (49) 53:07 4. Marino Scerpella (51) 55:10 5. Mario Renteria 60:39 6. Gary Gray (51) 60:59 **5 Km, Dearborn, June 14**-1. Debbie Benton 26:59 2. Louise Mitchell 27:40 3. Diane Podsiadlik 28:39 Masters-1. Valerie Stowe 28:36 2. Kathy Wood 30:52 **10 Km, same place**-1. Gary Morgan 41:59 2. Dan O'Brien 47:22 Masters-1. Terry McHoskey 52:30 2. Max Green 53:22 3. Marino Scerpella 54:05 4. Walter Lubzik 60:25 5. Robert Campbell 60:55 6. Gary Gray 60:58 **Women's 10 Km, Kenosha, Wis., May 16**-1. Debbi Lawrence 44:41.8 (American road record. 2 Km splits of 8:41, 17:31, 26:29, 35:35. 5 Km-21:58) 2. Michelle Rohl 46:56 (22:35 3. Holly Wlck 49:18 4. Sara Standley 50:31 5. Susan Armenta 51:05 6. Viisha Sedlak 51:34 7. Peggy Miller 52:09 8. Gina Impagliazzo 53:16 9. Ali DeWitt 55:12 10. Chris Sakelarios 55:48 **20 Km, same place**-1. Doug Fournier 1:34:39 (8:40, 17:31, 26:29, 35:38, 44:41, 54:39, 1:04:21, 1:14:35, 1:24:15) 2. John Marter 1:38:08 3. Rob Cole 1:39:02 4. Victor Sipes (50) 1:48:14 DNF-Wil Preischel 15 Km in 1:13:59; Don Lawrence 13 Km in 1:01:47 (46:17 at 10); Tim Lewis 10 Km in 41:55; Paul Malek 10 Km in 46:44; Mark Manning 6 Km in 28:35-Chief Judge-Larry Larson, Judges-Frank Alongi, Aaron Leff, Dr. Jerry SAchoerbverl, Don Mowles, Camille Schoeberl **5 Km, same place**: Men under 30-1. Sean Linehan 22:52 2. Dave Doherty 23:40 3. Tom Krasnoff 23:53 4. Paul Tavares 24:52 5. Steve Harvey 25:12 6. Patrick Bouch 29:00 Men 30-39-1. Pete Williams 24:11 Men 40-49-1. Steve Frey 29:08 Men 50-54-1. Al Fisher 27:48 2. Bob Brzenk 28:06 3. Art Krebs 30:36 Men 55-59-1. Ed Jiskra 29:46 Women under 30-1. Jen Zalewski 24:42 Women 45-49-1. Diane Graham-Henry 29:09 Women 55-59-1. Joyce Decker 29:56 Women 65-1. Ruth Leff 31:34 **3 Km, Lisle, Illinois, June 13**: Men 30 and under-1. Sean Linehan 14:53.1 Men 40-44-1. Mike DeWitt 12:49.4 Men 45-49-1. Don

DeNoon 12:47.4 2. Don Mowles 12:54 Women 30 and under-1. Megan Garner-Holman 15:47 **5 Km, Minneapolis, Minn., May 2**-1. Gary Westland (41) 24:01 2. Bernie Finch (52) 27:04 3. David Michaud (55) 27:42 4. John Kaplan (54) 28:21 5. Jodie Olson (41) 28:22 6. Mari Bonbiovanni (42) 30:05 7. Kathy Finch (37) 30:07 8. Jeanne Demartino (39) 30:25 9. Tom Hinds (48) 30:26 10. Larry Boies (60) 31:36 (37 finishers) **1500 meters, Houston, May 23**-1. Roger Boak 6:31.1 2. John Knifton 6:41.7 3. Lisa Chumbley (16) 6:54.4 4. Dave Gwyn 7:33.1 **5 Km, Pasadena, Texas, June 7**-1. Lisa Chumbley 27:00 2. Dave Gwyn 27:37 3. Cory Bluhm 28:49 4. Wayne Meeks 29:09 **5 Km, Aurora, Colorado, April 18**: Women-1. Debby Van Orden 23:32 2. Vissha Sedlak (43) 26:36 3. Pat Cooper 29:27 (126 finishers) Men-1. Tim Lewis 21:49 2. Carl Schueler 23:33 (walked with Van Orden) 3. Dan Pierce 26:01 4. Mike Blanchard 27:09 5. Dennis Velasquez 27:36 6. Alan Yap (40) 28:00 7. Bob DiCarlo (58) 28:23 8. Keven Milick 28:44 9. John Lyle (59) 29:42 (32 finishers) **5 Km, Denver, May 3**-1. Dan Pierce 25:12 2. Viisha Sedlak 25:13 3. Peggy Miller 25:57 4. Mike Blanchard 26:07 5. Alan Yap 27:45 6. Mike Cahoun 28:16 7. Christine Hackman 28:42 8. Pat Cooper (41) 29:04 9. Daryl Meyers (49) 29:53 10. Dennis Crock 30:46 (32 finishers) **5 Km, Denver, May 10**-1. Viisha Sedlak 25:14 2. Peggy Miller 25:55 3. Al Olsen 29:16 4. Daryl Meyers 29:30 5. Larry Marchant (52) 30:17 (42 finishers) **5 Km, Littleton, Colorado, May 10**-1. Debby Van Orden 24:12 2. Carl Schueler 24:13 3. Dan Pierce 26:18 **North American Masters 10 Km, Van Nuys, Cal., June 7**: Women 30-34-1. Francene Bustos 49:37 2. Lisa Sonntag 50:57 3. Lizzy Kemp Salvato 51:29 4. Margaret Govea 52:41 5. Jackie Kerby 56:36 6. Carmen Jacinsky 58:33 7. Andrea Johnson 60:30 Women 35-39-1. Peggy Miller 52:07 2. Sally Richards-Kerr 52:58 3. Brenca MacIsaac 61:11 Women 40-44-1. Viisha Sedlak 51:04 2. Jeanette Smith 55:49 3. Kathy Blackmer 58:45 Women 45-49-1. Donna Cunningham 56:33 2. Kathy Frable 61:43 Women 50-54-1. Jaye Hanley 57:32 Men Under 19-1. Adam Mendonca 52:26 2. Mike Tamasulo 52:49 3. Mauricio Flores 57:11 Men 30-39-1. Steve DiBernardo 49:27 2. Richard Lenhart 50:50 3. Chris Dreher 51:50 Men 40-44-1. Todd Scully 49:02 2. Ray Kraus 55:25 3. Brian LaBounty 56:09 Men 45-49-1. Larry Walker 46:12 2. Norm Frable 54:01 3. Dave Snyder 59:42 Men 50-54-1. Jim Coots 57:44 2. Ron Baers 58:46 3. James Smith 61:44 Men 55-59-1. Jack Bray 53:29 2. Richard Oliver 57:16 3. Carl Acosta 58:28 Men 60-64-1. Ted Greiner 61:40 Men 65-59-1. Maynard Mickelson 65:09 **15 Km, Riverside, Cal., May 24**-1. Richard Ashton 1:13:36 2. Todd Scully 1:14:40 3. Murray Day 1:15:33 4. Christopher Dreher 1:19:08 5. Stan Chraminski (2nd 40-44) 1:19:13 6. Richard Lenhart 1:20:27 7. Richard Oliver 1:27:29 (1st 50-59) 8. Ray Kraus 1:27:46 (3rd 40-44) 9. Carl Acosta 1:28:05 (2nd 50-59) 10. Peter Armstrong 1:28:58 (4th 40-49) 11. Brian LaBounty 1:29:27 (5th 40-49) 12. Ron Baers 1:30:06 (3rd 50-59) 13. Dave Snyder 1:30:23 (6th 40-49) 14. Jesus Orendain 1:31:59 (4th 50-59) (28 finishers) Women: 1. Francene Buston 1:19:08 2. Margaret Govea 1:24:32 3. Alison Ashton 1:28:33 4. Jaye Hanley 1:28:41 (1st 50-59) 5. Kathy Blackmer 1:29:50 (1st 40-49) 6. Donna Cunningham 1:30:48 (2nd 40-49) 7. Andrea Johnson 1:31:31 (16 finishers)



## IN OTHER LANDS

**50 Km, Moscow, April 25**—1. Valeriy Spitsin 3:33:22 (Don't get too excited. Although the course was reported as accurate, it was also reported that it may have been possible to take shortcuts. Chief walks coach Viktor Dorovskiy was quoted as saying the worth of the winner may have been around 3:40) 2. Viktor Popovich 3:36:12 3. A. Plotnikov 3:37:05 4. S. Katurayev 3:40:10 5. V. Ginko 3:40:46 6. A. Volgin 3:43:24 7. S. Troshin 3:52:48 8. M. SHitkov 3:54:40 9. O. Bandurchonko 3:55:44 10. M. Potashov 3:55:50 **Women's 20 Km, same place**—1. T. Romanova 1:31:58 2. O. Volkova 1:32:05 3. L. Lyubomirova 1:32:31 4. Z. Sviridenko 1:32:51 5. Y. Ryodorova 1:34:03 6. Kozhneva 1:34:53 **South African 20 Km Champ., Bloemfontein, April 11**—1. C. Britz 1:28:36 20 Km, Neuilly-Plaisance, France, May 3—1. R. Piller 1:22:15 2. J.C. Corre 1:22:27 3. D. Langlois 1:22:27 4. F. Delaforge 1:23:41 5. A. Ferguene, Algeria 1:24:56 (African record) **Women's 10 Km, same place**—1. Pascal Grand, Can. 46:49 30 Km, Sesto San Giovanni, Italy, May 1—1. G. Perricelli 2:06:01 2. Maurizio Damilano 2:06:14 3. Andrei Perlov, Russia 2:06:48 4. A. Potashov, Russia 2:07:32 5. Simon Baker, Australia 2:08:30 6. S. Malik, Czech. 2:10:42 7. Guillaume Leblanc, Can. 2:10:55 8. G. DeGaetano 2:11:16 9. M. Quinconi 2:12:07 **Women's 10 Km, same place**—1. Ileana Salvador 42:07 2. Kerry Saxby-Junna, Australia 42:07 3. Anna Marie Sidoti 43:03 4. Sari Essayah, Fin. 43:27 5. M. Rosza, Hung. 43:53 6. V. Oprea, Rom. 44:32 7. I. Ilyes, Hung. 44:36 8. Alison Baker, Can. 44:34 9. E. Perrone 44:48 10. P. Pagani 45:28 **20 Km, Copenhagen, Denmark, May 9**—1. Stefan Johansson, Sweden 1:21:11 (I have reports that Johansson broke Ernesto Canto's World Record of 1:18:40 on the track in the annual Bergen, Norway race, but have not yet seen any official results on the race.) **Women's 10 Km, same place**—1. Ann Peel, Can. 46:00 2. Janice McCaffery, Can. 46:46 3. Pascal Grand, Can. 47:12 **50 Km, Dudince, Czech., April 26**—1. Robert Korseniowski, Poland 3:46:42 2. Tim Berrett, Canada 3:50:55 3. V. Kononen, Fin. 3:52:27 4. J. Klos, Poland 3:54:31 5. Roman Mrazek 3:55:02 6. Pavol Blazek 3:57:19 7. S. Pershin, Russia 4:00:48 8. Pavol Azikora 4:02:00 9. A. Marin, Spain 4:03:19 10. V. Savikko, Fin. 4:03:27 **Women's 10 Km, same place**—1. Madeleine Svensson, Sweden 43:27 2. Sara Essayah, Fin. 45:22 3. Alison Baker, Canada 45:48 4. A. Alfoldi, Hungary 45:56 5. M. Rozsa, Hung. 46:09 **German 20 Km Champ., Berlin, April 19**—1. Robert Ihly 1:21:34 2. Andrew Jachno, Australia 1:21:37 3. Axel Noack 1:22:36 4. Roland Weisser 1:23:12 **50 Km CHamp., same place**—1. Ronald Weigel 3:51:37 2. Hans Gauder 3:57:31 3. V. Scholz 4:08:07 **Women's 10 Km, Champ., same place**—1. Beate Anders 43:18 2. Kathrin Born 44:07 3. A. Bruckmann 46:08 **10 Km, Santhia, Italy, April 18**—1. Ileana Salvador 43:02.4 **20 Km, Olomouc, Czech., April 12**—1. Sandor Urbanik, Hungary 1:21:56 2. J. Zahoncik 1:22:33 3. P. Gabris 1:24:51 **Women's 10 Km, same place**—1. Z. Zemkova 44:54 2. B. Kaczmarska, Pol. 45:10 3. K. Holpuchova 45:33 **20 Km, Plymouth, Eng., May 3**—1. Chris Maddocks 1:22:12 **100 Km, same place**—1. G. Beattie 11:20:59 2. E. SHillabeer 11:25:31 **Russian Winter Championships, Sochi, Feb. 22** 20 Km—1. V. Misyulya 1:19:03 2. V. Andreyev 1:19:53 3. V. BOnsov 1:21:42 4. Y. Kuko 1:21:49 5. A. Kozlov 1:22:00 6. Y. Gordeyev 1:22:21 7. N. Kalitka 1:22:22 8. N. Matyunin 1:22:26 9. A. Filippov 1:22:28 10. Y. Kotlyar 1:22:44 11. A. Yuzhakov 1:23:07 12. O. Plastun 1:24:21 **Another 20 Km**—1. A. Makarov 1:22:02 2. D. Dolnikov 1:22:18 3. R. Arbacauskas, Lith. 1:24:17 **30 Km**—1. V. Spitsin 2:04:24 2. S. Katurayev 2:05:01 3. V. Ginko

2:08:17 4. G. Skurygin 2:09:07 5. I. Pasteruk 2:09:56 6. A. Sikolovskiy 2:10:16 **Women's 10 Km**—A. Ivanova 42:48 2. Y. Saiko 43:15 3. L. Maiorova 44:22 4. T. Kovalenko 44:37 5. T. Ragozina 44:51 6. O. Kardopoltseva 45:02 7. L. Rusyakina 45:25 8. R. Makarova 45:28 9. Y. Guryeva 45:33 10. I. Putintseva 45:38 **20 Km, Jinan, China, March 15**—1. Mingcai Li 1:20:25 (Asian record) **Women's 10 Km, same place**—1. Yueling Chen and Yingxi Cui 42:56 (Asian record) **Japanese 50 Km, Championship, Wajima, April 19**—1. T. Sonohara 3:56:56 **20 Km Championship, same place**—1. F. Imamura 1:26:33 **Women's 10 Km CHamp., same place**—1. M. Itakura 45:16 2. Y. Sato 46:42 **39.5 Mile, Isla of Man, April 26**—1. Dave Turner 6:49:37 2. S. Brennan 6:52:44 **Women**—1. E. Corran 7:43:50

## HOT SUMMER EVENTS FOR THE RACEWALKING CROWD

Sat. July 11	Masters 1500 and 3000 m, Libertyville, Ill. (M) 5 and 10 Km, Dearborn, Michigan, 9 am (E) 5 Km (Track), Dedham, Mass., 4 pm (I) 15 Km, Aokland, Cal. (N) 5 Km, Elk Grove, Cal. (Y) 5 Km, Lakewood, Col. (H) NATIONAL TAC 10 Km, NIAGARA FALLS, 8 AM (P)
Sun. July 12	3 Km, New Haven, Conn., 1 pm (F) Masters 5 Km, Los Angeles, 7 am (B) 15 Km, Palo Alto, Cal., 8 am (V) 1 Mile, Alexandria, Virginia, 9:30 am (J) 1 Mile, Houston, 5:45 pm (BB)
Fri. July 17	5 and 10 Km, Dearborn, Mich., 9 am (E)
Sat. July 18	5 Km, Virginia Beach, Va., 9:30 am (AA) Washington State Games 3 Km, Sammamish (C) 5 Km, Denver (H)
Sun. July 19	Eastern Regional Masters 5 Km, New York City, 9 am (G) Eastern Regional 3 Km, Albany, NY (X)
Fri. July 24	Gulf One Mile Champ., Houston (BB)
Sat. July 25	TAC Western Regional Masters 5 Km, Hayward, Cal. (U) 3 Mile, Harborcreek, Penn. (T) 1 Mile, Alexandria, Virginia (J) Western Regional Masters 10 Km, Hayward, Cal. (U)
Sun. July 26	4 Mile, Seattle (C) Start of National Jr. Olympics, Walnut, Cal. (B) 3 Mile, Newburyport, Mass., 6:30 pm 1 Mile, Houston, 5:45 pm (BB) 5 Km, Dearborn, Michigan, 9 am (E) Midwest Masters 5 Km, West Virginia (DD) Niagara TAC 10 Km, Grand Island, 8 am (P) 5 Km, Evergreen, Col. (H) 2.8 Mile, Seattle, 6 pm (C) 8 Km, Alexandria, Virginia, 7:30 am (J) Gulf Masters 1500, Houston (BB) Metropolitan 3 Km, New York City, 9 am (G)
Mon. July 27	
Tue. July 28	
Fri. July 31	
Sat. Aug. 1	
Sun. Aug. 2	
Thur., Aug. 6	
Sat. Aug. 8	
Sun. Aug. 9	

- 1 Mile, Alexandria, Virginia (J)  
 5 Km, Denver (H)  
 1 Hour, Houston (BB)  
 Tue. Aug. 11 4 Mile alternate quarters run and walk, Houston (BB)  
 Thu. Aug. 13 1 Mile, Houston (BB)  
 Aug. 13-16 National Masters T&F Championships, Spokane, Wash. (FF)  
 Sat. Aug. 15 Women's 5 Km, Sacramento, Cal. (N)  
 5 Km, Dearborn, Mich., 9 am (E)  
 5 and 10 Km, Denver, 8 am (H)  
 10 Km, Handicap, Houston (BB)  
 Sun. Aug. 16 5 Km, Littleton, Col. (H)  
 Sat. Aug. 22 20 Km and Youth 5 Km, Darlington, S.C. (S)  
 5 Km, Virginia Beach, Virginia, 9:30 am (AA)  
 10 Mile, Flint, Mich., 7:45 am (O)  
 Sun. Aug. 23 4 Mile, Seattle, 9:55 am (C)  
 5 Km, Denver, 8 am (H)  
 Sat. Aug. 29 Art Keay Memorial 10 Km, Toronto, 10 am (CC)  
 Thu. Sep. 3 2.8 Mile, Seattle (C)  
 Sat. Sept. 5 Met. 20 Km, New York City, 9 am ((EE)  
 5 Km, Milano, Texas (BB)  
 Sun. Sept. 6 20 Km, New Haven, Conn. (F)  
 5 Km, Denver (H)  
 North American Masters 15 Km, Albuquerque, N.M. (BB)  
 Sat. Sept. 12 Tennessee State 5 Km, Kingsport (R)

#### Contacts

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 E--Frank Alongi, 26530 Woodshire, Dearborn Hts., MI 48127  
 F--Gus Davis, 789 Donna Rd., Orange, CT 06477  
 G--Park Walkers, 320 E. 83rd St., Apt. 2C, New York, NY 10028  
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 K--Howard Jacobson, Box 210, Commack, NY 11725  
 L--New Mexico Racewalkers, 2301 El Nido Ct., Albuquerque, NM 87104  
 M--Liberty Road and Track Club, 719 Stonegate Ct., Libertyville, IL 60048  
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 V--Skip Bockoven, 820 S. Eliseo Drive, Greenbrae, CA 94904

- W--Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11787  
 X--Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946  
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 DD--Arlene M. Stooke, 119 CHeyensee Trail, Ona, WV 25545  
 EE--Gary Null's Natural Living, 200 W. 86th St., New York, NY 10007  
 FF--Vernie Foxley, 1810 Greene St. MS 2050, Spokane, WA 99207

#### FROM HEEL TO TOE

Veterans of the sport will be saddened by this note from the *New England Walkers Newsletter*: Fred Brown, Sr., runner, racewalker, and guiding spirit to many other competitors for the better part of a century, died May 21 in Medford, Mass. He was 86. Fred, a mainstay of the North Medford Club and a distance runner for 50 years, was also a fixture in racewalking circles for the past 35 years, competing at distances long and short, organizing events down to the smallest details, encouraging athletes, and distributing prizes and good cheer. Despite health problems, he competed in a racewalk as recently as February and remained immersed in his sports until the end. Fred leaves four brothers, two sons, six grandchildren, one great-grandson, and more road racing friends than we can count. . If you go to Florida, or are already there, improve your racewalking abilities in Monday sessions with John Fredericks in Miami. John's clinics, sponsored by the Miami Walkers, started on June 15 and run through August 17. The sessions start at 7 pm and go until 8:30. Contact the Miami Runners, 7920 S.W. 40th Street, Miami, FL 33155 for further information. . New England's Gary Little, a self-taught racewalker, started serious training in 1988. Last year, at age 49, he had times of 43:43 for 10 Km, 1:06 for 15 Km, 1:28:32 for 20, and 4:39:27 for 50. Already this year, now at 50 (he was born Dec. 31, 1941), he has done a 1:26:32 for 20 and a 21:10.35 for 5 Km. . A TAC Youth/Junior Elite Racewalk Training Camp is scheduled for the Olympic Training Center at Lake Placid, N.Y. from August 23 to 30. Thirty slots are available for athletes ages 12 to 18. Those interested in more information or in receiving an invitation can contact Bob Ryan, 22 Lake Placid Commons, Lake Placid, NY 12946. . Finally, Steve Vaitones, TAC RW REcords Committee Chairman, competitor, and generally astute observer of the sport, comments on recent comments in the *Ohio Racewalker*:

#### On coaching:

An increasing number of individuals are promoting themselves as or calling themselves racewalking coaches. Credentials seem to range from long time high school or club coaching stints, being an "advisor" to an athlete who has received moderate success, or simply having given a local clinic. Coaches involved with the sport of athletics go through the TAC Level I coaching school program. While they do not have a racewalk module yet (it's being developed), TAC coaching schools provide a common foundation in coaching fundamentals and terminology. They



also bring racewalking coaches into the more general coaching fold and can only help to improve the legitimacy of our event.

#### On distance needs for 20 Km training:

The current attitude in both running and walking is that quality miles and race-pace tempo work take priority over garbage time mileage. While the occasional long one is a confidence and strength builder, putting in 100 miles a week at a slow pace means that you can walk a long way very slowly. Allen James is definitely on the right track, and his results show it. As to the Germans and Soviets putting in so many miles, that is, in general, a whole 'nother type of system. For starters, they're also walking 1:30 for 20 Km on their easy days.

#### On records:

Will people please remember that there is no such thing as a single age record. Records, world and U.S., open and masters, are limited in number and carefully reviewed before approval. Masters records are only in 5 year age groups. There are no such things as single age world records, master single age records, or masters world indoor records. People who proclaim things like this in self-reported results or on resumes are pompous egotists at best and hurting the sport at worst.

#### On U.S. Championships:

Having been to TAC conventions since 1981, I've seen the evolving procedures of championship awards, most of those as part of the selection subcommittee. Bidding has progressed from a free-for-all, backroom, let-s-make-a-deal game. Ten years ago, associations and regional chairmen didn't even know that races were headed their way. There were no guidelines, and advance planning often consisted of the time it took for an idea to travel from brain to mouth.

With a standardized form and procedures, athletes now know there is a minimum amount of thought and competency behind the events. The certified course requirement means that records can be established (there are some courses from the not-too-far-distant past that won't have performances recognized because of the guesstimated course lengths).

These procedures have been around for about 5 years now, so all except raw novices wanting to bid have known about procedures for a while. Lori Maynard and committee have always been available to answer questions, explain requirements, and give people a reasonable break. There is flexibility in the procedure, too: if an individual or group has had interest, simply sending in a bid with basic information and a note that sponsors, course, permits, measurement, etc., are being worked out has been accepted. That info must be then complete before the convention.

The comment was made that a sponsor decided not to bid because of the "red tape". That was most likely a race director, not a contributing sponsor. Having worked with real financial type sponsors, I know they would want as much lead time as possible, as well as a guarantee that there is some preparation.

In 1991, there was only one contested bid for a championship. Race directors were approached by the selection subcommittee to bid and either didn't respond or didn't ask questions. The questions on amounts for prize money and rights fees on the national bid form carry over from other types of events. At all

points, it states "suggested minimum". Everyone in racewalking knows that \$5000 in prize money is unrealistic, and 0's on the form are frequent. Questions about travel expenses, media, TAC officials and liaisons, and housing shouldn't be too difficult to answer. But, if a real sponsor (again, not just a host) had money to give out, then this gets them thinking about it.

Anyone willing to put in a minimal amount of advance planning gets full consideration. If we want racewalking to be treated more professionally, let us treat it professionally. Get to work now on your bids for 1993.

#### On entry fees:

Could someone tell me what \$15 to 20 entry fees are going toward? Is everything a fundraiser today? Walk directors should consider the "separate pay for t-shirt" option. And events should require TAC membership in their events, first because local TAC associations are the backbone of the racewalking program, and second because the increased numbers show up on national membership reviews.

#### On Olympic Games standards:

1:24 and 4:05 are pretty compatible. It's just that we are not strong in the 20 Km. Complaints similar to Soviet walk domination are probably echoed around the world in reference to the 100 and 110 hurdles where the U.S. dominates.

#### On World Junior Championships:

Like the world senior championships and Olympic Games, there are qualifying times to enter the world junior meet. But, the September date in Seoul means the trip cost is huge. Coupled with TAC's tight budget in 1992, team size has been pretty much set at 40 athletes. So, meeting qualifying doesn't guarantee a trip. A chance at a spot in the finals and most likely a medal will influence team selection. That is for events across the board, not just the racewalk.

## LOOKING BACK

**30 Years Ago** (From the June 1962 Race Walker, of Chris McCarthy)—With the sun blazing and temperature in the 90s, Ron Laird was one of the few survivors in the National 50 Km on Long Island. It took him 5:25:30, with the next two spots going to Canadians Feliz Cappella and Bill Grandy in over 5:40. John Abbate and Dave Lakritz were the only others under 6 hours, as the heat took a tremendous toll. Walkers back then really weren't as bad as the times would indicate. . . It was very hot in Chicago, too, where Ron Zinn won the National 10 Km in 47:53.8. Following were Jack Mortland in 48:50, John Allen 48:55, Jack Blackburn 49:51, and Cappella in 49:53. The Ohio Track Club (drum rolls, please) took the team title.

**20 Years Ago** (From the June 1972 ORW)—Dave Romansky covered 8 miles and 80 yards to win the National 1 Hour in Lawrenceville, N.J.. John Knifton was 374 yards behind, with Ron Daniel and Steve Hayden also going past 7 3/4 miles. . . Larry Young won titles at both 5 and 10 Km. In Chicago, he beat Tom Dooley by 21 seconds in the 10, doing 44:51. Jerry Brown, Floyd Godwin, and Steve Hayden followed. . . In the 5 Km in Seattle, his 21:39.8 left Bill Ranney 50 seconds back with



Todd Scully third. . Laurie Tucholski walked an American record 7:50.4 for 1 Mile in Dayton, beating former record holder, Lynn Olsen. . ORW Editor, Jack Mortland, threw in final laps of 1:54 and 1:50 to win a track 7 miles by 8 seconds in 55:20, and probably hasn't gone as fast since.

**10 Years Ago** (From the June 1982 ORW)--Jim Heiring was an easy winner in the National 20 Km held in Knoxville, Tennessee. Jim's 1:30:22 put him 2:08 ahead of Ray sharp at the finish. Marco Evoniuk was third in 1:33:48, followed by Dan O'Connor and Todd Scully. Susan Liers-Westerfield won the National 5 Km in 24:51, 26 seconds ahead of Bonnie Dillon, with Teresa Vaill third. . Heiring was also an easy winner in the National 10 Km in 44:18. Mike DeWitt and Mike Morris, followed. . Liers-Westerfield also won the Women's National 10, after a tough race with Sue Brodock in 50:59. Brodock had 51:09. Bonnie Dillon and Vicki Jones were third and fourth. . Mike Morris won the National 5 Km in New York in 21:26.4, with Pete Timmons a close second. . Brodock won the National 20 in 1:46:40. Gwen Robertson was second in 1:49:37. . Heiring had a third win in the National 15, covering the distance in 1:04:36. Chris Hansen was better than 2 minutes behind, with Sam Shick third. . Dan O'Connor got away from Vincent O'Sullivan in the final 10 Km to win the National 50 Km in 4:22:22. O'Sullivan had 4:25:02. Ohio's Chris Knotts beat Randy Mimm for third. . In Mexico, Raul Gonzales stepped off a 50 Km in 3:45:23, as Felix Gomez (3:49:06) held on to beat Soviet Mikola Udovenko for second. Finn Reima Salonen was also under 3:50. . In the annual Naumburg races in East Germany, Ronald Weigel blistered the 50 Km in 3:44:20, and Czech Josef Pribilinec took the 20 in 1:22:27. . Gonzales did another 50 on the track in Bergen, Norway in 3:45:38. Soviet Yevgeniy Yevsyukov won the Bergen 20 in 1:22:33, also on the track.

FROM THE BRITISH PUBLICATION, ATHLETICS TODAY

# Canto goes for a second bite

Most people would be happy with one Olympic gold medal but not Mexican walker Ernesto Canto. As PAUL Warburton reports, Canto is looking forward to taking on a truly world class field in Barcelona. Photo: Mark Shearman

**N**O, I don't feel that good about it." Which comes as a surprise when you realise that Ernesto Canto is speaking about his 1984 Olympic victory in the 20k walk.

"The problem was that there were no Germans and Soviets. If you want to be the best in the world, you have to walk against the best."

I doubt if there are too many Olympic heroes who would downgrade their achievements, but the man from Mexico City is still someone with a case to prove. The medal that hangs in the large

apartment he shares with his entire family has a place of honour, but for Canto doesn't shine as brightly as the one he would like to win in Barcelona. The boycott of the Eastern bloc in Los Angeles meant that at least two of the World's best walking nations were conspicuous by their absence.

As far as Canto is concerned his proudest moment to date was in 1983, at the inaugural World Championships in Helsinki. "I was the first world champion - of all the world," he emphasises, making sure you see the difference between that and his Olympic victory.

The victory in Finland was the stepping stone to a world stage after his 1981 Lugano Cup win in Valencia: at the time a major breakthrough for the diminutive Mexican. By the beginning of the eighties, Mexico had established itself as a nation with a walking pedigree few could match. Almost single-handedly they had torn up the record books as a result of attention to training and technique. They also incurred detractors who were less than happy with the legality of the new found "Mexican style." According to Canto these same detractors have more than had their revenge since.

The truth was that Mexico, as hosts to the 1968 Olympics, were desperate to gain athletic success. They turned to the Pole, Jerzy Hausleber, whose brief was to obtain a walking medal for the home nation, and in the form of silver, that was duly delivered in the 20k by Jose Pedraza, sending all Mexico into ecstasy; albeit after some highly suspect judging as the former soldier hurried after the great Golubnichiy in the last kilometre.

Hausleber cashed in on this success, and took advantage of a squad system which he has supervised for twenty-four years. He added to it a hunger for achievement which was not too difficult to instil in some of his potential charges, who were only too happy to escape a life of poverty endured by many of their countrymen. There was also the bonus of Mexico's thin air, dispensing well-documented aerobic benefits to endurance athletes who live at altitude. On top of this, the Pole was overseer to training schedules so tough that, for those who remained in the squad, success was hardly a surprise.

It was in the footsteps of Pedraza and to this regime that Canto came as a 15 year-old, shortly after he first gave walking a try. He had seen the success of his countryman on TV, but only after six months training did he reveal to his Father what he was doing. Canto Sr. more than surprised his son by revealing, for the first time, that he had been a former walking international! Why had he not said anything before? Canto has been unable to fathom that one out. "Perhaps he forgot" he offers half-joking, half in the absence of an explanation.

By 1981, Canto had stepped out of the shadow of other Mexican greats like Raul Gonzales, Domingo Colin and Daniel Bautista. Prior to the L.A. Olympics in May, he set the existing World track record for 20k at Fana, Norway of 1:18:40.0. En route, he also established a new one hour mark of 15,253 metres: an average of 6:19 a mile! When you consider the awesome training that the Mexicans were taking in their stride, it's not surprising that Canto feels that his Olympic gold is tarnished by not having had the chance to beat the absentees. He also competed in the 50k, but by his own admission it's not his favourite event. ("It takes too long and is not fast enough") By 38k he was sitting on the L.A. sidewalk, but pride and a fellow countryman's bass drum banging in his ear were all the exhorting the Mexican needed to finish in tenth place, incidentally, his last 50k.

Since then, despite some near things, there have been no major wins. Canto offers a rather sinister reason which goes back to Bautista's Olympic 20k win at the Montreal Olympics in 1976. The late Ed Lacey's camera caught the Mexican "floating" as he neared the finish and embarrassed walk officials vowed to tighten up on judging Mexicans thereafter. At Moscow in 1980, Bautista was duly disqualified as he entered the stadium in the lead. Canto himself was lucky to escape in L.A. hovering perilously close to elimination after receiving two red cards - one ominously from an Italian judge.

"There was no way they were going to allow me or Carlos (Mercenario) to win the Rome World Championships in 1987." Canto outlines a scenario that suggests his and Mercenario's mid-race disqualification was less than co-incidence.

"It is Sunday. The stadium is full; and the Italian President is there together with the I.A.A.F. President who is also Italian. Damilano (Italian) is the winner." Canto goes on to moderate any claims of outright cheating by suggesting that the pressure on the judges is understandable - especially as the same fallibility played a part in Pedraza's 1968 success.

However, despite holding back in the earlier stages in the Seoul Olympic 20k, Canto found himself in the lead on the return into the stadium - only to be greeted by the red disc. "The same judges had seen me in other less important competitions since 1984, but only in Rome and Seoul did I get removed."

Needless to say he much approves of the appointment of Pablo Colin to the I.A.A.F. judges panel. Having a fellow countryman might allow for the disturbance of the "little mafia" as Canto sees the other judges whom he deems responsible for his lack of firsts since L.A.



Meanwhile, he will continue to leave his parents, two brothers and one sister at home: travel 45 minutes outside Mexico City with the other walkers in the Mexican squad to where it is even higher than the capital's 7000ft, and walk 40k three times a week; punctuated by interval work of anything up to 6x3k in 12:30 each.

Was he bothered by reports that the Olympic course, with its 2k climb back to the stadium, looked particularly tough? He looked surprised that the question was even asked.

"The harder the better. If you want to be the best then you can hardly complain that it was too hot; too cold; too hard or too easy; you have to be ready for all conditions - and I will be."

Canto's claims haven't diminished his appetite for one further Olympic success, however. In Barcelona he is going to have a last shot at another major win. Now 32, he plans to retire after August, and to set up his own sports agency representing other athletes.

### From the U.S. Race Walking Handbook 1992

#### U.S. OUTDOOR ROAD PERFORMANCES (WOMEN)

##### 10,000-Meters

45:32	Debbi Lawrence(Propet) San Jose	4/21/91
45:34	Lawrence, Dearborn, MI	9/30/90
45:51	Teresa Vaill(Natural Sport) Dearborn, MI	9/28/91
45:55	Lawrence, Highland Park, IL	4/29/90
45:56	Lynn Weik(Natural Sport) Dearborn, MI	9/30/90
45:56	Weik, Sheffield, England	7/23/91
45:58	Lawrence, Van Nuys	6/23/91
45:58	Lawrence, Tokyo	8/24/91
46:13	Lawrence, San Jose	6/1/91
46:17	Maryanne Torrellas(Reebok RT) Gdansk, Pol.	8/28/88
46:21	Vaill, Washington DC	3/18/90
46:25	Lawrence, Kenosha	3/10/90
46:28	Torrellas, New York	5/3/87
46:38	Weik, L'Hospitalet, Sp.	5/27/89
46:44	Lawrence, Mar del Plata, Arg.	11/12/88
46:45	Vaill, L'Hospitalet, Sp.	5/27/89
46:47	Vaill, St. Leonard, Can.	10/5/86
46:48	Weik, Alexandria	9/15/91
46:49	Weik, Tokyo	8/24/91
46:50	Vaill, New York	5/3/87

##### ----- Top 20 Performances

46:50	Victoria Herazo(Cal Walkers) Dearborn, MI	9/30/90
47:04	Michelle Rohl(Parkside AC) Van Nuys	6/23/91
47:08	Wendy Sharp(Natural Sport) Dearborn, MI	9/30/90
47:11	Debora VanOrden(Unat.) Dearborn, MI	9/28/91
47:32	Lisa Vaill(Unat.) New York	5/3/87
47:58	Esther Lopez(SCRR) Los Angeles	10/28/84
48:32	Sue Liers-Westerfield(ITC) New York	9/13/81
48:46	Tracey Briggs(PVS) Washington DC	11/16/91
48:56	Lynda Brubaker(Unat.) Dearborn, MI	9/28/91
48:58	Kim Wilkinson(MPWWWC) Seaside, CA	10/21/89
48:59	Cindy March(GGRW) Dearborn, MI	9/28/91
49:00	Sara Standley(SCRR) Walnut	4/24/88
49:20	Susan Miller(Seattle TC) Bergen, Norway	9/25/83

49:31	Elizabeth Galasso(WP) Dearborn, MI	9/28/91
49:37	Zofia Wolan(Unat.) Niagara Falls, NY	7/13/91
49:38	Francene Bustos(Easy Striders) Dearborn, MI	9/28/91
49:41	Sue Brodock(SCRR) Liverpool, NY	8/14/82
49:49	Deirdre Collier(Wis/Parkside) Kenosha	3/11/89
49:58	Lizzy Kemp-Salvato(San Diego Walkers) Dearborn	9/28/91
49:59	Mary Howell(Team Rockport) St. Leonard	10/5/86
50:19	Jeanne Bocci(MCS) Grand Island, NY	10/4/80

##### ----- Top 25 Performers