

ORW World Rankings mark 25th year

It's the end of the year again and time for those eagerly awaited Ohio Racewalker World and U.S. Rankings. This is the 25th year for our World Rankings at 20 and 50 Km, the 23rd year for U.S. Rankings at the same distances, and the 17th year for Women's Rankings, both U.S. and World, at 10 Km. We didn't have women's rankings in those early years simply because there wasn't enough reported racing activity to justify them.

The rankings, as always, are a subjective judgment on the part of your editor based on performance at the particular distance throughout the year. Factors considered include finishes in major competitions, competitive record against other contending athletes, and collection of times. The rankings are accompanied by lists of the best times at each distance for the year. We are holding the U.S. 50 Km rankings and list until the January issue in case the race in Houston on Dec. 30 has a significant impact.

1994 World 10 Km Rankings

- | | |
|--|---|
| 1. Yelena Nikolayeva, Russia
44:04 (4) Span. Ch. 3/5
42:32 (2) World Cup 4/29
42:37 (1) Eisen. 5/14
43:22 (1) LaCoruna 5/20
42:20 (3) World Ch. 8/7 | 4. Hongmiao Gao, China
42:19 (1) World Cup 4/29
DQ World Ch. 8/7 |
| 2. Elisabetta Perrone, Italy
43:33 (2) Span. Ch. 3/5
43:13 (6) World Cup 4/29
42:44 (3) Fougères 6/11
42:16 (2) World Ch. 8/7 | 5. Larisa Ramazanova, Russia
41:29 (1) Rus. Ch. 6/3
42:25 (5) World Ch.
43:56 (3) World Univ 9/2 |
| 3. Irina Stankina, Russia
41:55 (2) Adler 2/11
DQ World Cup 4/29
43:05 (2) Eisen. 5/14
42:13 (1) World Ch. 8/7 | 6. Hongyu Liu, China
42:49 (3) World Cup 4?29
42:46 (8) World Ch. 8/7 |
| | 7. Olimpiada Ivanova, Russia
43:06 (1) Span. Ch.
41:30 (2) Rus. Ch. |

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8. Sari Essayah, Finland
44:21 (13) World Cup 4/29
42:20 (4) World Ch. 8/7

9. Karry Saxby-Junna, Australia
43:53 (1) Canberra 3/18
42:58 (5) World Cup 4/29
42:28(1) Fana 5/25
42:18 (2) Fougères 6/11
43:06 (9) World Ch. 8/7

10. Rossella Giordano, Italy
43:44 (8) World Cup 4/29
42:49 (4) Fougères
42:26 (6) World Ch. 8/7
43:30 (2) World Univ. 9/2

Tough event to rank and probably the first time ever in these rankings (men and women) that two major championships have been contested and the winner of one of them is not ranked number one. However, both winners (Stankina, World Championship) and Gao (World Cup) were disqualified in the other Championship race. That counts heavily against them. Nikolayeva barely gets the nod over Perrone, who beat her two of three times, off the more consistent record in the two big ones and two other strong wins. Perrone suffers from her loss at Fougères to Saxby-Junna and Anna Rita Sidoti, who just loses out on a ranking spot. . . We regard the World Championship slightly higher than the World Cup, so Stankina gets the nod over Gao for the fourth spot. . . Among the others, Ivanova was impressive in two races, but, for whatever reason, was not included on the Russian team for either World race. Defending No. 1 Essayah, suffered from a poor World Cup race when she was still heavily involved in studies.

1995 World 10 Km List

41:29 Larissa Ramazanov, Russia
41:30 Olimpiada Ivanova, Russia
41:50 Yelena Asehintseva, Russia
41:55 Irina Stankina, Russia
41:58 Yelena Grouzinova, Russia
42:01 Tamara Kovalenko, Russia
42:04 Anna Rita Sidoti, Italy
42:11 Nina Alyushenko, Russia
42:16 Elisabetta Perrone, Italy
42:18 Kerry Saxby-Junna, Australia
42:19 Hongmiao Gao, China
42:20 Yelena Nikolayeva, Russia
42:20 Sari Essayah, Finland
42:26 Rossella Giordano, Italy
42:34 Yelena Saiko, Russia

42:34 Maria Urbanik, Hungary
42:35 Yelena Voyevodian, Russia
42:46 Hongyu Liu, China
42:55 Yan Gu, China
43:15 Beate Gummelt, Germany
43:20 Katarzyna Radtke, Poland
43:34 Valentina Tsybulskaya, Belarus
43:34 Ileana Salvador, Italy
43:42 Tatyana Rogozina, Ukraine
43:48 Norica Cimpean, Romania
43:50 Francisco Martinez, Mexico
43:52 Kathrin Boyde, Germany
43:54 Erica Alfredi, Italy
44:05 Susana Feitor, Portugal
44:07 Olga Kardaplotseva, Belarus

44:10 Xiaoling Fan, China
44:14 Natalya Trofimova, Russia
44:17 Michelle Rohl, USA
44:19 Encarna Granados, Spain
44:22 Zhang Qinghuan, China
44:25 Yan Wang, China
44:27 Natalya Misyulya, Belarus
44:28 Rimma Makarova, Russia
44:32 Yelena Kiselyova, Russia
44:35 Marta Zukowska, Poland

44:38 Cristian Pellina, Italy
44:44 Graciela Mendoza, Mexico
44:51 Sonata Milushaiskaite, Lithuania
44:53 Maria Vasco, Spain
44:57 Aniko Szabenszky, Hungary
45:01 Teresa Vaill, USA
45:02 Tina Poitras, Canada
45:03 Debby Lawrence, USA
45:04 Miriam Ramon, Ecuador
45:07 Sandy Leddit, Germany

U.S. 10 Km Rankings

1. Michelle Rohl
46:12 (1) World Cup Tr. 1/28
46:37 (2) Pan Am Games 3/21
45:57 (34) World Cup 4/29
45:16 (2) US Champ. 6/17
44:17 (15) World Champ. 8/7

2. Teresa Vaill
47:02 (4) World Cup Tr. 1/28
DQ Pan Am Games 3/21
DNF World Cup 4/29
45:01 (1) US Champ. 6/17
45:02 (23) World Ch. 8/17

3. Debby Lawrence
DNF World Cup Tr. 1/28
45:18 (1) Kenosha 4/23
45:47 (1) Niag. Falls 5/28
45:36 (3) US Champ. 6/17
45:03 (21) World Ch. 8/17

4. Victoria Herazo
46:26 (2) World Cup Tr. 1/28
46:26 (1) Wash. DC 3/26
46:15 (42) World Cup 4/29
45:53 (4) US Champ. 6/17
47:50 (1) Nat. Masters 7/9
48:09 (2) World Vet 7/16
49:34 (1) Oly.. Fest. 7/28

5. Debora Van Orden
47:22 (5) World Cup Tr 1/28
47:08 (52) World Cup 4/29
46:03 (5) US Champ. 6/17
DQ Oly. Fest. 7/28
47:57 (1) Alongi 9/29

6. Lynda Brubaker
46:52 (3) World Cup Tr. 1/28
47:53 (53) World Cup 4/29
47:27 (6) US Champ. 6/17
53:44 (6) Oly. Fest. 7/28
49:49 (2) Alongi 9/29

7. Joanne Dow
48:59 (7) World Cup Tr.
47:43 (2) Wash. DC 3/26

8. Susan Armenta
49:13 (1) Walnut 4/9
48:19 (1) Kenosha 4/23
49:40 (1) Mt. View 5/21
49:16 (8) US Champ. 6/17
54:40 (8) Oly. Fest. 7/28
51:24 (17) World Univ. 9.2

9. Dana Yarbrough
49:03 (7) US Champ. 6/17
DQ Oly. Fest. 7.28

10. Sara Standley
48:14 (6) World Cup. Tr. 1/28
52:16 (16) US Champ. 6/17

Rohl was clearly on top, losing to a countrywoman only once (Vaill in the US title race). . . Vaill had a near disastrous early season, but was brilliant in the US and World Championships. . . After failing to finish the World Cup Trials, Lawrence came on strong and had her best race in the World Championships. . . Herazo was consistent as always and easily outranked the rest, but couldn't touch the top three when they were on. . . Van Orden and Brubaker were fifth and sixth in the US title race and hold those spots off the rest of the record, though Brubaker struggled in the late season. . . Dow came from nowhere to record two fine early season performances, but missed the rest of the season with injury. . . Armenta gets the nod over Yarbrough, who beat her in the US championships, off several other impressive races. . . Standley's good race in the World Cup Trials earns her the 10th spot over Kerry Moskalik and Marykirk Cunningham.

1995 U.S. 10 Km List

44:17 Michelle Rohl	51:54 Suzanne Kisting
45:01 Teresa Vaill	52:30 Chris Sakelarios
45:03 Debby Lawrence	52:31 Karen Stoyanowski
45:53 Victoria Herazo	52:43 Nanette Reilly
46:03 Debora VanOrden	52:43 Laurie Farkash
46:52 Lynda Brubaker	52:52 Sharon Lyons
47:43 Joanne Dow	53:00 Gloria Rawls
48:14 Sara Standley	53:06 Kelly Watson
48:19 Susan Armenta	53:25 Liz Fashun
48:57 Kerry Moskalik	53:30 Barbara Duplichain
49:03 Dana Yarbrough	53:31 Pat Weir
49:31 Maryanne Torrellas	53:40 Sally Richards
49:31 Markirk Cunningham	54:00 Nicolle McNichol
49:33 Maria Moulton	54:01 Margaret Ditchburn
49:49 Kim Wilkinson	54:02 Therese Iknoian
49:57 Kristen Mullaney	54:13 Lisa Chumbley
50:04 Cheryl Rellinger	54:38 Phyllis Hansen
50:06 Ali DeWitt	54:41 Debbie Benton
50:14 Gretchen Eastler	54:45 Anne Lankowicz
50:21 Molly Lavacek	54:47 Diane Podsiadlik
50:22 Danielle Kirk	55:02 Sean Spacey
50:23 Lisa Sonntag	55:11 Amber Nichols
50:58 Gayle Johnson	55:14 Deborah Iden
51:00 Bobbi Jo Kukan	55:18 Deborah Scott
51:53 Pam Tucker	55:33 D.D. Walker

1995 World 20 Km Rankings

1. Michele Didoni, Italy	2. Zewen Li, China
1:24:28 (8) Barcelona 3/19	1:19:44 (1) World Cup 4/29
1:20:50 (5) World Cup 4/29	1:21:39 (5) World Ch. 8/6
1:20:07 (1) Ital. Champ. 5/14	
1:19:59 (1) World Ch. 8/6	

3. Mikhail Schennikov, Russia	7. Ilya Markov, Russia
1:23:31 (2) Barcelona 3/19	1:18:53 (3) Adler 2/11
1:19:58 (2) World Cup 4/29	1:24:52 (30) World Cup 4/29
1:18:37 (1) Eisen. 5/14	1:20:17 (1) Russ. Ch. 6/3
1:20:34 (1) LaCoruna 5/20	1:21:18 (4) World Ch. 8/6
1:22:16 (6) World Ch. 8/6	
4. Valentin Massana, Spain	8. Shaogua Chen, China
DNF World Cup 4/29	1:20:57 (6) World Cup
1:24:20 (2) L/Hospitalet 5/14	1:28:13 (23) World Ch. 8/6
1:21:47 (3) LaCoruna 5/20	
1:21:25 (1) Fougères 6/11	9. Thierry Toutain, France
1:20:23 (2) World Ch. 8/6	1:21:06 (7) World Cup 4/29
5. Bernardo Segura, Mexico	10. Denis Langlois, France
DQ Pan Am 3/18	1:23:13 (16) World Cup 4/29
1:20:32 (3) World Cup 4/29	1:22:21 (7) World Ch. 8/6
1:19:09 (2) Eisen. 5/14	
DNF World Ch. 8/6	
6. Yevgeniy Misyulya, Belarus	
1:23:44 (3) Barcelona 3/19	
1:20:39 (4) World Cup 4/29	
1:19:17 (3) Eisen. 5/14	
1:20:48 (3) World Ch. 8/6	

Didoni and Li traded first and fifth places in the two big races, but giving slightly more weight to the World Championships and considering Didoni's fine effort in his national title race, we give him the nod for first. . . Schennikov is a clear third with two fine World races and two other good wins in fast times. . . Massana made up for not finishing the World Cup race with his strong silver medal performance in the World Championships. . . Segura beat Misyulya in both the World Cup and Eisenhüttenstadt races and he gets fifth, although not finishing the World Championship race. . . Markov made up for a very poor World Cup race with the rest of his season. . . The final three finished higher in one of the two big races than anyone else did in either.

1995 World 20 Km List

1:18:32 Vladimir Andreyev, Russia	1:19:56 Sergio Galdino, Brazil
1:18:37 Russian Schfikov, Russia	1:19:59 Michele Didoni, Italy
1:18:37 Mikhail Schennikov, Russia	1:20:03 Igor Lyubomirov, Russia
1:18:53 Ilya Markov, Russia	1:20:05 Igor Kollar, Slovakia
1:19:09 Bernardo Segura, Mexico	1:20:18 Grigoriy Komev, Russia
1:19:13 Rinat Shafikov, Russia	1:20:23 Valentin Massana, Spain
1:19:17 Yevgeniy Misyulya, Belarus	1:20:25 Dmitriy Dolnikov, Russia
1:19:19 Mikhail Orlov, Russia	1:20:34 Sergey Korepanov, Kazakhstan
1:19:32 Lingtang Bu, China	1:20:37 Hatem Ghoul, Tunisia
1:19:44 Zewen Li, China	1:20:41 Giovanni DiBenedictis, Italy

1:20:52 Robert Korzeniowski, Pol.	1:21:48 Mariusz Ornoch, Poland
1:20:56 Valentin Kononen, Finland	1:21:49 Fernando Hernandez, Mexico
1:20:57 Shaoguo Chen, China	1:21:49 Tomas Kratochvil, Czechoslovakia
1:21:01 Dmitriy Yesipchuk, Russia	1:21:54 Fanis Shaykhutidinov, Russia
1:21:05 Daniel Garcia, Mexico	1:21:57 Roman Mrazek, Slovakia
1:21:06 Thierry Toutain, France	1:21:58 Daniel Plaza, Spain
1:21:16 Yevgeniy Shmalyuk, Russia	1:21:58 Stefan Malik, Slovakia
1:21:33 Adnrey Makarov, Russia	1:21:59 Rene Piller, France
1:21:35 Gyula Dudas, Hungary	1:22:00 Constantin Bolan, Romania
1:21:37 Vyatch. Cherepanov, Rus.	1:22:00 Robert Ihly, Germany
1:21:37 Satoshi Yanagisawa, Japan	1:22:06 Arutro Di Mezza, Italy
1:21:38 Nick A'Hern, Australia	1:22:07 Vladas Kaslauskas, Lithuania
1:21:38 Valeriy Borisov, Russia	1:22:07 Magnus Morenius, Sweden
1:21:41 Mingcai Li, China	1:22:09 Nischan Tsamonikian, Germany
1:21:43 Vladimir Stankin, Ryssua	1:22:13 Michael Lohse, Germany

1995 U.S. 20 Km Rankings

1. Allen James	5. Andrew Hermann
1:28:21 (1) World Cup Tr. 2/19	1:28:47 (3) World Cup Tr. 2/19
1:25:54 (40) World Cup 4/29	1:31:52 (4) Wash. DC 3/26
1:24:46 (1) U.S. Ch. 6/18	1:31:00 (62) World Cup 4/29
	1:30:33 (9) U.S. Ch. 6/18
2. Herman Nelson	1:34:00 (3) Oly. Fest. 7/30
1:37:43 (14) World Cup Tr. 2/19	DNF Alongi 9/29
1:27:15 (2) U.S. Ch. 6/18	
1:26:27t(1) Seattle 7/9	6. Philp Dunn
1:33:48 (1) Oly. Fest. 7/30	1:29:19 (4) World Cup Tr. 2/19
DQ Alongi 9/29	1:28:18 (2) Wash. DC 3/26
1:27:07t (1) Alexandria 11/5	1:35:40 (86) World Cup 4/29
	1:29:11 (4) U.S. Ch. 6/18
3. Gary Morgan	1:35:18 (5) Oly. Fest. 7/30
1:31:51 (8) World Cup Tr. 2/19	
1:28:41 (3) U.S. Ch. 6/18	7. Rob Cole
1:35:15 (4) Oly. Fest. 7/30	1:29:21 (5) World Cup Tr. 2/19
1:32:48 (5) Alongi 9/29	1:30:53 (61) World Cup 4/29
1:27:38t(2) Alexandria 11/5	1:29:59 (8) U.S. Ch. 6/18
	1:34:12 (9) Oly. Fest. 7/30
4. Curt Clausen	
1:36:19 (9) Wash. DC 3/26	8. Tim Seaman
1:29:21 (5) U.S. Ch. 6/18	1:29:21 (6) U.S. Ch. 6/18
1:34:00 (2) Oly. Fest. 7/30	1:35:37 (15) World Univ. 9/2
1:30:39 (13) World Univ. 9/2	
1:29:43 (2) Alongi 9/29	9. William Van Axen
	1:29:40 (6) World Cup Tr. 2/19
	1:33:58 (3) Kenosha 4/23
	1:29:33 (7) U.S. Ch. 6/18
	1:41:51 (10) Oly. Fest. 7/30

10. Dave McGovern
1:28:33 (2) World Cup Tr. 2/19
1:28:02 (1) Wash. DC 3/26
1:40:06 (97) World Cup 4/29
1:31:54 (11) U.S. Ch. 6/18
DNF Oly. Fest. 7/30

James continued to dominate U.S. walkers. . . After a very poor WC Trials race, Nelson came on strong with a second in the national championship and two very track races, along with an easy Olympic Festival win. . . Morgan and Clausen broke even in four races against each other, but Gary finished ahead in the U.S. title race and closed his season with an impressive race on the track in which he pushed Nelson. . . Hermann beat Dunn in three or five races and barely gets the nod for fifth. . . Rob Cole had a nice consistent season and gets seventh over Tim Seaman, who raced seldom, but had sixth in the National Championships. . . Van Axen spoiled a good season with a poor race at the Olympic Festival and McGovern was on fire his first two races but went downhill from there.

1995 U.S. 20 Km List

1:24:46 Allen James	1:34:13 Dave Marchese
1:26:47 Herman Nelson	1:34:56 Khang Vo
1:27:38 Gary Morgan	1:34:57 Mike Rohl
1:28:02 Dave McGovern	1:36:23 Sean Albert
1:28:18 Philip Dunn	1:38:27 Warrick Yeager
1:28:47 Andrew Hermann	1:38:35 Steve Pecinovsky
1:28:57 Chad Eder	1:39:31 Michael Blanchard
1:29:21 Curt Clausen	1:39:33 Yariv Pomeranz
1:29:21 Rob Cole	1:40:23 Paul Martino
1:29:30 Mark Green	1:41:03 Will Leggett
1:29:33 William Van Axen	1:42:20 Keith Luoma
1:29:50 Ian Whatley	1:42:36 David Wilbanks
1:29:59 Ioan Froman	1:43:20 Enrique Camarena
1:30:24 Carl Schueler	1:43:51 Richard Lenhart
1:30:57 Marc Varsano	(Note: Lukajz Szela had a 1:27:31, but I don't think he has U.S. citizenship. If he does, he belongs on the list and would rank 9th or 10th.)
1:31:03 Andrzej Chylinski	
1:31:53 Al Heppner	
1:32:03 Don Lawrence	
1:32:37 Marco Evoniuk	
1:33:44 Curtis Fisher	

1995 World 50 Km Rankings

1. Valentin Kononen, Finland	2. Giovanni Perricelli, Italy
3:42:50 (3) World Cup 4/30	3:49:12 (1) Signa 2/19
3:43:42 (1) World Ch. 8/10	3:45:11 (2) World Ch. 8/10

3. Robert Korzenowski, Poland
3:45:57 (3) World Ch. 8/10
4. Yongshen Zhao, China
3:41:20 (1) World Cup 4/30
DNF World Ch. 8/10
5. Jesus Garcia, Spain
3:45:07 (4) Span. Ch. 3/5
3:41:54 (2) World Cup 4/30
3:48:05 (5) World Ch. 8/10
6. Miguel Rodriguez, Mexico
3:48:22 (2) Pan Am. Games 3/24
3:44:07 (5) World Cup 4/30
3:46:34 (4) World Ch. 8.10
7. Valeriy Spitsyn, Russia
3:43:36 (4) World Cup 4/30
DNF World Ch. 8/10
8. Victor Ginko, Belarus
3:42:20 (2) Span. Ch. 3/5
3:45:48 (6) World Cup 4/30
DQ World Ch. 8/10
9. Rene Piller, France
3:45:56 (7) World Cup 4/30
3:49:47 (8) World Ch. 8/10
10. Aleksandr Rakovic, Yugoslavia
3:58:57 (5) Dudince 3/26
3:49:35 (6) World Ch. 8/10

Kononen is an easy choice with his World Championship and strong race at the World Cup. . .Perricelli and Korzenowski get the nod over World Cup winner Zhao, who could not rise to the occasion again in the World Championships when he was off his home turf. . .Garcia and Rodriguez had strong performances in both World races with Garcia getting fifth off his World Cup silver.

1995 World 50 Km List

- | | |
|--------------------------------------|---------------------------------------|
| 3:41:20 Yongsheng Zhao, China | 3:50:59 Basilio Labrador |
| 3:41:54 Jesus Garcia, Spain | 3:51:13 Nikolay Matyukhin, Russia |
| 3:42:13 Vlaentin Massana, Spain | 3:51:19 Pavol Blazek, Slovakia |
| 3:42:20 Viktor Ginko, Belarus | 3:51:36 Filiberto Pantoja, Mexico |
| 3:42:50 Valentin Kononen, Finland | 3:51:44 German Skurygin, Russia |
| 3:43:36 Valeriy Spitsyn, Russia | 3:51:53 Vitaliy Popovich, Ukraine |
| 3:44:07 Miguel Rodriguez, Mexico | 3:52:04 Tim Berrett, Canada |
| 3:44:24 Daniel Plaza, Spain | 3:52:07 Sandor Urbanik, Hungary |
| 3:45:11 Giovanni Perricelli, Italy | 3:52:19 Edel Modesto Oliva, Cuba |
| 3:45:56 Rene Piller, France | 3:52:40 Oleg Troshin, Russia |
| 3:45:57 Robert Korzenowski, Poland | 3:52:45 Axel Noack, Germany |
| 3:46:46 Carlos Mercenario, Mexico | 3:53:37 Jaime Barroso, Spain |
| 3:48:06 Sergey Korepanov, Kaz. | 3:53:55 Artur Shumak, Belarus |
| 3:48:53 Stefan Malik, Slovakia | 3:54:46 Daniel Garcia, Mexico |
| 3:48:55 Aleksandr Voyevodin, Rus. | 3:54:49 Roman Mrazek, Slovakia |
| 3:49:29 German Sanchez, Mexico | 3:55:29 PEter Richy, Slovakia |
| 3:49:30 Giovanni DeBenedictis, Italy | 3:55:58 Andres Marin, Spain |
| 3:49:35 Aleksandr Rakovic, Yug. | 3:56:15 Ronald Weigel, Germany |
| 3:49:37 Julio Urias, Guatamala | 3:56:35 Sylvain Caudron, France |
| 3:49:40 Peter Malik, Slovakia | 3:56:37 Faustino Ruiz, Spain |
| 3:49:46 Arturo DiMezza, Italy | 3:56:57 Jean-Claude Corre, France |
| 3:50:02 Zoltan Czukur, Hungary | 3:56:57 Hubert Sonnek, Czechoslovakia |

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|--------------------------------|-------------------------------------|
| 3:57:03 Wie Han, China | 3:58:38 Oscar Font, Spain |
| 3:57:30 Jani Lehtinen, Finland | 3:58:39 Andrzej Chylinski, USA |
| 3:57:54 Yuriy Andronov, Russia | 3:58:52 Ricardo Jorge Risquet, Cuba |

(U.S. 50 Km Rankings and List next month)

A rather sparse collection of results

10 Km, Boston area, Nov. 12--1. Gloria Rawls 53:05 Men--1. Bill Purves 53:33 2. Joe Light 54:00 3. Steve Donald 56:45 4. Justin Kuo 57:51 5. Bob Ullman 58:49 6. Dick Ruquist 59:20 7. Ken Mattsson 60:10 8. John Jurewicz 60:24 **5 Km, New York City, Nov. 26--1.** Khang Vo 22:34 2. Lukajz Szela 22:35 3. J.D. Versan 22:57 4. J. Ginsburg 23:26 5. Rifkhat Soultanov (51) 24:08 6. Roberto Gottlieb 25:59 7. Nick Bdera (47) 26:03 8. Gary Null (50) 26:24 9. John Clifford (41) 26:27 10. Jim McGrath (58) 27:15 11. Bob Barrett (62) 28:10 12. Sherwin Wilk (57) 28:54 13. Edouard Fedossov (56) 29:36 (38 finishers, 2 DQs) **1 Hour, Alexandria, Virginia, Nov. 5--1.** Kaisa Ajaye 11,251 2. Dick Jirousek (52) 10,029 3. Mike McNamee (41) 9,947 4. Victor Litwinski (52) 9,789 5. Dan Kornhauser 9,777 (18 finishers) **20 Km (track), Alexandria, Nov. 11--1.** Herman Nelson 1:27:07 (42:58) 2. Gary Morgan 1:27:38 (42:58) 3. Ian Whatley 1:33:31 (45:57) 4. Curt Sheller (41) 1:45:28 (52:36) 5. Tony Noerpel (46) 1:58:46 (55:26) **30 Km (same place)--1.** James Carmines (51) 2:48:13 (54:35, 1:49:45) **50 Km, same place--1.** Yariv Pomeranz (20) 4:42:33 (53:56, 1:47:49, 2:41:30, 3:38:56) 2. John SOuchek 4:50:51 (55:26, 1:51:44, 2:49:49, 3:49:02) 3. Bob Keating (48) 4:58:34 (53:58, 1:49:40, 2:46:24, 3:49:56) 4. Alan Price (48) 5:30:11 (54:32, 1:56:25) DNF--Warick Yeager (41) (48:27, 1:40:14); Steve Pecinovsky (40) (53:53, 1:48:18); Michael Blanchard (55:25, 1:54:13) **5 Km, Orlando, Florida, Oct. 14--1.** Edgardo Rodriguez 25:09 2. C.S. Monte Carlo 27:09 3. Steve Christlieb 27:58 4. Bryce Courtney 30:16 **5 Km, Altamonte Springs, Florida, Oct. 7--1.** Edgardo Rodriguez 25:49 2. Sterling Kerr 27:19 3. C.S. Monte Carlo 28:06 4. Steve Christlieb 28:57 **1/2 Marathon, Orlando, Dec. 9--1.** Edgardo Rodriguez 2:02:53 2. Sterling Kerr 2:03:05 3. Mario Feinstein 2:19:50 4. Pam Betz 2:24:14 **5 KM, Picayune, Mississippi, Nov. 4--1.** Paul Adams 24:09 2. Dwight Callaway (40-49) 24:24 3. Cy Buchert 30:26 (over 60) Women: 1. Angel Wofford 25:51 **8 Km, Kalamazoo, Mich., Oct. 7--1.** Bill Reed 42:17 2. Michael Burris 45:36 3. Alonzo Taylor 46:45 4. Kenneth Cyr 46:57 5. Ross Barranco 48:46 Women: 1. Sherry Watts 46:01 2. Karen Chamness 47:11 **1 Hour, Los Altos, Cal., Nov. 12--1.** Ian Whatley 7 mi 1133 yds (23:43, 48:39) 2. Bill Penner 6 mi 1204 3. Therese Iknoin 6 mi 936 (27:39, 56:52) 4. Jennifer Granucci 6 mi 435 (28:54, 59:40) 4. Art Klein 6 mi 236 6. Fred Dunn (6) 6 mi 198 (17 finishers) **1 Hour, Marlin, Cal., Nov. 12--1.** Jack Bray 6 mi 1149 2. John Schulz 6 mi 1014 3. Jim Stuckey 6 mi 1013 4. Keith McConnell 6 mi 529 5. Virginia Fong 6 mi 250 6. Huey Johnson 6 mi 37 7. Brenda Carpino 6 mi 34 (20 finishers) **All-Africa Games 20 Km, Harare, Zimbabwe, Sept. 14--1.** Britz, S. Africa 1:28:06 **Women's 5 Km, same place--1.** Kara, Algeria 23:59.04 **Asian Championships 20 Km, Jakarta, Sept. 20--1.** Li, China 1:23:59 **Women's 10 Km, same place--1.** K. Feng, China 45:59 **28 Hour Road Walk, Roubaix, France, Sept. 26-27--1.** K. Klapa, Poland 250.130 Km 2. V. Jarez, Belarus 244.010 3. V. Boidatchenko, Russia 241.670 4. Z. Simon, Czech. 241.670 5. Richard Brown, Great Britain (Husband of

Sandra who was featured last month. See further commentary later in this issue.)
 234.380. . .13.Sandra Brown 212.240 (first female) . . .16. L. Lubomirova, Russia
 201.440 (2nd female)

FOR YOUR WALKING PLEASURE IN THE NEW YEAR

Sat. Jan. 6	5 Km and Half-Marathon, Irvine, Cal., 8:30 am (B)
Sun. Jan. 13	5 Km, Seattle, 9 am (C)
Sun. Jan. 14	Race at some distance, Denver area (H) Masters 1 Mile, Brown U., Providence, R.I., 12 noon (I) Marathon, 1/2 Marathon, and 6 Km, New Orleans (504-482-6682)
Sat. Jan. 20	
Sun. Jan. 21	10 Mile Handicap and 5 Km, Pasadena, Cal. (B) 5 Km., Miami, 4:30 pm (Q)
Sat. Jan. 28	5 Km, Denver (H) 50 Km, Palo Alto, Cal (G)
Sat. Feb. 3	3 Km (Indoor), Indianapolis, Ind (M) 5 Km, Miami, 9 am (Q)
Sun. Feb. 4	New England Indoor 3 Km, Brown U. (I)
Sat. Feb. 10	5 Km, Seattle, 9 am (C)
Sun. Feb. 11	10 and 20 Km, Miami (Q) 3 KM, Bridgeport, Conn., 9 am (I) 8 Km, Sacramento, Cal., 10 am (AA)
Sat. Feb. 17	Indoor 1 Mile, Indianapolis (M)
Sun. Feb. 18	5 Km, Raleigh, N. Car. (S) Marathon and 1/2 Marathon, Miami (Q) 3 and 5 Km, Albuquerque, N.M. (BB)
Sat. Feb. 24	5 Km, Miami, 7:30 am (Q)
Sat. March 2	USATF National Indoor Women's 3 Km, Men's 5 Km,
Atlanta (Z)	
Sat. March 9	5 Km, Seattle, 9 am (C)

Contacts

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 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106
 C--Bev LaVeck, 6633 N.E. Windemere Road, Seattle, WA 98115
 D--Walking Club of Georgia, P.O. Box 645, Stone Mountain, GA 30086
 E--Max Green, 13660 Mortenvue Dr., Taylor, MI 48180
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028
 G--Ron Daniel, 1289 Balboa Court #149, Sunnyvale, CA 94086 ((415-964-3580)
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207
 I--Steve Vaitones, c/o USATF-NE, P.O. Box 1905, Brookline, MA 02146
 J--Potomac Valley Walkers, 2305 S. Buchanan St., Arlington, VA 22206
 M--Vern LeMere, 250 University Blvd., Indianapolis, IN 46202 (317-274-3432)
 N--Kalamazoo Valley Walkers, P.O. Box 19414, Kalamazoo, MI 49009
 O--Jim Salem, 4658 Fuhrer St. NE, Salem, Oregon 97305
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 Q--Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445

R--Sierra Racewalkers, P.O. Box 13203, Sacramento, CA 95813
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 AA--Dick Petruzzi, Box 513, Carmichael, CA 95609
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FROM HEEL TO TOE

Who out there remembers Browning Ross's publication the *Long Distance Log*. Browning, an Olympic steeplechaser and many times National champion at various road running distances, published this distinctive newsletter through the '50s and sometime into the '60s. I have a rather extensive collection stashed away somewhere, having started to subscribe sometime during my college days at Bowling Green (1953-57). Browning included some racewalk results with all of the distance running news, in a bare bones, information intensive format. (Sound familiar?) This was certainly all before Steve Vaitones was much more than a wee sprout, but apparently Steve has been browsing in some old issues of the Log, as he sent an excerpt from August 1961 pertaining to one-time racewalking guru, Chris McCarthy. Chris published the *Midwest Walker* in the early '60s and was on the 1964 Olympic team at 50 Km. Steve doesn't remember seeing this quote in the ORW. Following the result of a 10 Km race at Stagg Field in Chicago on June 11, in which Rimas Vaicaitis easily whipped McCarthy (52:08 to 56:31), the commentary runs: Runner-up Chris McCarthy relaxed the night before at the wedding party of M.W.A. Handicapper Carlton Wade. Said McCarthy after the contest, "I don't mind sweating off beer, but I sure hate to puke up good champaign." Earlier in the day, Vaicaitis won the B.B.Y.O 1 mile walk at Rockne Stadium in 7:21 in 93 degree temperature. McCarthy finished second in 8:10 (Ed. I'm not sure if the quote ever appeared in the ORW, but I remember it. I think Chris had put it in his own publication.). . .Apologies to Marc Varsano, who we left out of the New York City Marathon results last month. Someway, we skipped from fourth to sixth place. Marc was fifth in 3:45:26. . .We reported a couple of issues ago that Alan Wood was giving up his publication *MasterWalker Newsletter* because of his terminal cancer. Ron Heimbarger, who is taking over the publication, sent the following note to subscribers of the *MasterWalker*. "Alan Wood passed away on October 7th. He was at peace with himself and asked me to tell you all that he loved you and really enjoyed the communication and help that was generated by the newsletter." Ron plans to publish an abbreviated January 1996 newsletter and to begin publishing a full monthly newsletter starting in February. Ron can be reached at 308 Bartell Drive, Chesapeake, VA 23320. . .The Potomac Valley Track Club is holding Saturday morning (8 to 9:30) racewalking clinics beginning January 6 and running through February 10. Directed toward fitness, fun, or competition, they will stress proper form and training advice. Contact Richard Jirousek, 7035 Flax Street, Springfield, VA 22152 for further information. . .The Bohdan Bulakowski Racewalking Camp we mentioned last month is to be held January 26-28 in LaGrange, Georgia (we had earlier dates last month). Bohdan, a Polish Olympian and former Polish National

Team Coach, has been coaching some of this country's top walkers since 1994. He is now coach at USAT&F's Center of Excellence in LaGrange. The camp will include instruction on racewalk technique, injury prevention, heart rate training, race strategy, and nutrition. There will be daily workouts, a 3 Km technique trial, and personal one-on-one technique training. For more information, contact Rob Cole, 812 Camellia Drive, LaGrange, Georgia 30240, 706-884-7635. . . We struck a chord of nostalgia with at least one reader in our last Looking Back column with reference to the Ohio Track Distance Carnival. Jack Blackburn and I kept this fall event going for several years. It consisted of a series of distance runs and walks held over 2 days and attracted some pretty fair athletes through the years. Eventually, others in the Ohio Track Club sort of took it over and it evolved into an age cross country event and then faded into oblivion. Anyway, Jerry Bocci writes: "I enjoy going through the 'Looking Back' section to see if my name appears in the past. I haven't been doing much lately to get my name in the current results. The latest 'Looking Back' brought back some pleasant memories. Thirty years ago, Jeanne won the women's 5 mile walk in 48:38. Last month, we celebrated our 30th wedding anniversary. We were coming back from our honeymoon in Florida and had stopped in Columbus to participate in the OTC Distance Carnival. I think I won the 4 mile run to go with Jeanne's win. I used to compete in the runs in the early '60s. I once received the 'Outstanding Male' award for winning the 10 and 20 mile runs. I had hoped to repeat as 'Outstanding Male' by winning the walks, but the one time I did good in the walks, some guy won the 10 and mile runs and got the award. (Ed. Jerry can just be thankful we didn't give the award to a walker, like one of the two of us, the year he did win it.)" . . . The International Senior Games, for those 50 and over, are scheduled for Bermuda from April 13-27, 1996. The Games will include a 5 Km walk, with awards to be made in each of eight age categories. Elliott Denman, well known U.S. Olympian, race official, race promoter, and great booster of the sport, will be overseeing the racewalk event, which is sanctioned by the Bermuda T&F Association. The Games will also include a dream mile, with Jim Ryun and Ron Clarke among the competitors. And, Bob Cousy and Jack Ramsay will be coaching the U.S. Senior Dream Team in basketball. Already picked to that team are Cliff Hagan, Guy Rodgers, Bailey Howell, Bob Ferry, Barry Clemens, Connie Hawkins, Bob Love, Paul Silas, Earl Monroe, and Cazzie Russell. (I don't suppose those names mean a lot to some younger readers, nor do they have anything to do with walking, but it's a tough group. Barry Clemens, by the way, went to school just up the road from here, at Ohio Wesleyan, before his distinguished pro career, and Cazzie Russell has been in Columbus of late, first as coach of a CBA team and then a local high school team.) Well, those are some other things you might see if you choose to participate. For more information, contact: Jonathan Marks, International Senior Games, 460 Summer Street, Stamford, Connecticut 06901, 203-352-0532, FAX 203-352-0567. . . Comments from the IAAF Magazine on last summer's World Championship walks: "When Michele Didoni won the 20 Km walk, it was pointed out that at 21 he was the youngest ever world walking champion. He never had time to get used to that tag, for the very next day Irina Stankina of Russia mounted the victory dais aged 18 years 135 days, thereby becoming the youngest of all world champions. The previously most precocious was Ismael Kurui, who was 18 years 177 days when he won his first 5000 meter title run in Stuttgart. . . Perrone, a former distance runner who only switched to walking because it helped her lose weight,

placed second, but the bronze was won and lost in controversial circumstances. Essayah thought she was safely home when a storming finish by Nikolayeva, who had only just shortly before received a judge's caution, propelled her past the 1993 champion in the last two strides. The Finns protested, but the result stood." And, from their commentary on the 20: "What television coverage of this race and the other walking events revealed is that the communication system between the Chief Judge and the competitors must be improved. For example, on TV one could see quite clearly 5 minutes before the end of the race that Daniel Garcia had received a third warning disc and was therefore disqualified, but, unaware that he was out of the race, the Mexican continued fighting for the lead and it wasn't until over 3 minutes later, just before the stadium entrance and barely a minute away from the finish line, that Garcia was actually flagged off the course. The experience of Giovanni DeBenedictis of Italy was equally distressing. He crossed the finish line in third place but he too was disqualified, having earlier exhausted his quota of warnings, but not been notified."

LOOKING BACK

30 Years Ago (From the Dec. 1965 ORW)--Jack Blackburn won the annual Ft. Thomas to Cincinnati Thanksgiving Day 6 Mile (short) in 43:13, with Chuck Newell beating Wayner Yarcho for second. . . Canadian Bert Life, age 56, won the Coney Island 10 1/2 mile handicap in 1:39:44 as Ron Daniel captured fast-time honors in 1:26:38. . . Subscription rate to the ORW was \$1.20 per year. We probably had 50 to 60 subscribers by that time.

20 Years Ago (From the December 1975 ORW)--In the ORW's annual rankings, Mexico's Daniel Bautista led countryman Domingo Colin in the 20, with Karl-Heinz Stadtmuller, East Germany, ranked third. West Germany's Bernd Kannenberg led Soviets Veniamin Solsatenko and Yevgeniy Lungin at 50. . . Top three in the U.S. rankings were Larry Young, Todd Scully, and Jerry Brown at 20; and Young, Augie Hirt, and John Knifton at 50.

10 Years Ago (From the Dec. 1985 ORW)--Tom Edwards won the U.S. Indoor 5 Km at West Point on Dec. 22 in 21:18.9. Curtis Fisher and Dave McGovern followed. . . Eugene Kitts did a 4:23:57 50 Km in Houston on the same day. . . The World 10 Km rankings were headed by Hong Yan, China; Ping Guan, China, and Olga Kristop, USSR. Top U.S. women were Maryanne Torrellas, Teresa Vaill, and Debbi Lawrence (things haven't changed a lot). In the 20, Jose Marin, Spain; Maurizio Damilano, and Viktor Mostovik, USSR led the rankings. Hartwig Gauder, E.G.; Andrei Perlov, USSR; and Erling Anderson, Norway, were the leaders at 50 Km. The U.S. rankings saw Tim Lewis, Marco Evoniuk, and Jim Heiring ranked one-two-three at 20; and Carl Schueler, Evoniuk, and Randy Mimm taking the three spots at 50.

5 Years Ago (From the Dec. 1990 ORW)--Gary Null, at age 45, won New York races in 6:51 (mile) and 48:55 (10 Km). . . Australia's Kerry Saxby topped the ORW World Rankings at 10 Km, followed by Soviets Nadezhda Ryashkina and Olga Kardopolitseva. Top three in the U.S. were Debbi Lawrence, Lynn Weik, and Teresa Vaill. . . At 20, Pavol Blazek, Czechoslovakia; Daniel Plaza, Spain; and Ernesto

Canto, Mexico led the World rankings, with Tim Lewis, Doug Fournier, and Steve Pecinovsky out front in the U.S. The 50 Km rankings saw Andrei Perlov, USSR; Bernd Gummelt, Germany; and Simon Baker, Australia leading the World and Tim Lewis, Marco Evoniuk, and Eugene Kitts one-two-three in the U.S.

IAAF Recognized World Racewalking Records (as if November 15, 1995)

Men

20 Km 1:17:25.6	Bernardo Segura, Mexico, Bergen, Norway, May 7, 1994
30 Km 2:07:44.1	Maurizio Damilano, Italy, Cuneo, Italy October 3, 1992
50 Km 3:41:28.2	Rene Piller, France, Bergen, Norway, May 7, 1994
2 Hrs 29,572 m	Maurizio Damilano, Italy, Cuneo, Italy, October 3, 1992

Women

5 Km 20:17.19	Kerry Saxby, Australia, Sydney, Australia, June 14, 1990
10 Km 41:56.23	Nadezhda Ryashkina, Russia, Seattle, Wash., July 24, 1990

More Brown's stuff

More from New Zealand correspondent Dudley Harris, who supplied our feature on Sandra Brown in the November issue (as well as the Roubaix 28 hour result in our results section this month). Referring to last month's excerpt from his book *Long, At the Top*, he notes that reproduction was done in Britain by Richard Brown, and goes on:

"Should any of your readers wish to obtain a copy, they should write to Sandra and Richard Brown, 72 Eccleston Square, London SW1V 1PJ or call 0178-345-863 at a UK evening time.

"Four weeks later (referring to the 28 hour race), Richard Brown went to Odessa for a six-day event, while Sandra competed in a local event at Tooting Bec, London--the annual Sri Chinmoy 24 hour track run. I'm sorry that I don't have the results of that one, except that Sandra Brown happily racewalked for most of the time, finishing as first lady and second overall.

"Sandra wrote to me with pride to say that her daughter, Victoria, (I think she is still 9 years old) was 'the real champ. She walked brilliantly and with such cheerful composure to complete at least 58 Km--that's not counting the skipping about and to-ing and fro-ing which kids can't resist.' No doubt, Victoria took plenty of rests along the way. Even so, I suddenly feel old!

"I have just begun to write a book about the redoubtable Browns--about their 825 mile event the length of Britain, from Land's End to John o'Groats, which they did in May 1995. Richard recaptured his own title for the course and set a new 'best time' of 10 days, 2 hours, and 25 minutes; while Sandra set a new women's 'best time' of 13 days, 10 hours and 1 minute.

"Sandra did some running but mostly walking. So, for the purists, the women's best time for walking the length of Britain presumably still belongs to England's Ann Sayer, who completed it in 13 days, 17 hours and 42 minutes back in 1980. Incidentally, Ann Sayer is still competing as a racewalker, and finished the 1995 Roubaix 28 hour in 32nd place overall and fifth woman with 184.25 Km.

"As I said, I've only just begun the book, but the first to be typed among the papers which Richard has given me is, I feel, truly inspirational. I am enclosing a copy of it. Your readers, wondering about their New Year Resolutions, might benefit!"

So here it is, dear readers:

Land's End to John o'Groats, May 1995 why ?

I suppose that there are a few great moments in life for everyone - moments we look back on, drawing warmth and exhilaration from them, even though they may have happened years ago.

Such moments don't just happen. They require effort. You have to create them.

Making the effort is part of the fun, part of the achievement. None of us know what we're really capable of achieving, until we try. Too often, we are afraid to dream dreams, to think what we might achieve, to set ourselves goals and ambitions - and then set about achieving them. We waste our potential without even realising it, because we don't explore and push out our own boundaries.

When we do push them out, we start to crave for the next experience, the next excitement. The five mile walk becomes a ten mile hike, and the exhilaration makes us want to try something even further.

And so the yearning takes hold and, if you are not careful, you end up running from Land's End to John o'Groats !

Many years ago, David Hemmery, a great Olympic hurdler, said that we can achieve anything within the scope of our imagination. "We simply don't often dare to dream what we might achieve in our lives."

But it needs more than just determination to convert the dream into reality. It needs more even than hard work and long training

hours in all weathers. It also needs a plan of campaign just as if an expedition were to be embarking into an unknown land - which, in a way, it is.

For Land's End-to-John o'Groats, it means a team effort from friends who would give up their time to be part of a joint adventure. They would experience all the tensions which any small group would, forced to live together in vans, under constant pressure and sleep deprivation.

Also, they would share the exhilaration of beautiful and varied countryside, the encouragement from cyclists who would stop to wish us well, the café owner offering us home-made cakes, and the lorry-driver waving to us while passing us for the third time in as many days on his trips up and down Scotland's A9.

So our expedition is a voyage of discovery: a discovery of ourselves, and a voyage with others where, together, we share new peaks of endeavour and achievement, of exhilaration and motivation - from whatever we encounter.

Life is fun as well as hard work. The joy of achieving something which, at first, you thought was beyond you gives some of the greatest fun.

So, set yourself a challenge ... this year, this month, this week. Dream your dreams, and then go out and live them. We did. What's holding you back ?

Richard and Sandra Brown