

James captures 50 Km Trial; breaks 4 hours

LaGrange, Georgia, April 20--Allen James left no doubt about his spot on the U.S. Olympic team in today's trials for the 50 Km racewalk. Needing only to finish in the top three, since he already had bettered the "A" qualifying standard of 4 hours, Allen easily won the race and went under 4 hours again for good measure. His 3:59:11 left him nearly 9 minutes ahead of runnerup Andrew Hermann, who still must meet the qualifying standard if he hopes to compete in Atlanta. Andrzej Chylinski did sew up a spot on team with his third place finish. He made the qualifying standard last fall with his 3:58:39.

In the early stages of the race, James stayed right on a 4-hour pace, accompanied by Herm Nelson and 41-year-old Warrick Yeager, a neophyte to this distance and even to the sport. Marco Evoniuk, Hermann, and Chylinski followed, with other walkers strung out behind.

By mid-race, James was still on schedule, and Hermann had moved into second place about a minute behind, followed by Nelson, Evoniuk, and Chylinski. Knowing that he was in command of the situation and that there was a \$2500 pot to be shared by all of those under 4 hours, James accelerated sharply as he moved past 30 Km. Covering the next 10 in 46:44, he sewed up the race and put himself 1:48 under schedule for 4 hours. He then coasted in to the victory and a \$5500 prize (\$3000 for the win and the entire \$2500 pot).

Chylinski began moving up on Hermann, and Ian Whatley, who was added to the field just days before the race when injured Jonathan Matthews had to scratch, was moving through the field. Though not really prepared for the distance, he was walking very relaxed. In the final 10 Km, Chylinski caught, and briefly passed Hermann and Whatley moved into fifth while Evoniuk kept a firm hold on fourth. Hermann seemed to awake when passed and finished strongly to secure second place.

The race was held on a slightly rolling, 2 Km-loop under overcast skies, with the temperature rising from the 70s during the race. The sun broke through the clouds at midrace, but the tree-lined course provided some shade for much of the loop. Storms in the area brought 10 to 15 mph wind gusts in the final third of the race. The humidity was noticeable, but not extremely high. Several walkers noted that the combination of these conditions contributed to a slowing of the overall pace. Perhaps the conditions cost Hermann his chance at 4 hours. It may be tough for him now. He had just done a 4:05 in February and now has just over 3 months to try it again and then recover for the Games if he should make it. Of the 15 starters, four dropped out at some point, but we have no details on where or where they were placed when they dropped. It was a clean race, with only three warnings given, all to different walkers.

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is 10.00 per year (\$12.00 outside the U.S.). Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, Ohio 43202. No FAX number or E mail address at this time. Approximate deadline for submission of material is the 20th of the month, but it is usually the 25th or later before we go to the printer, so later material will probably get in.

1. Allen James, LaGrange 3:59:11 2. Andrew Herrman, LaGrange 4:07:52 3. Andrzej Chylinski, Colorado Springs 4:09:22 4. Marco Evoniuk, San Francisco 4:10:45 5. Ian Whatley, Greenville, S.C. 4:14:48 6. David Marchese, Atlanta 4:15:31 7. Rob Cole, LaGrange 4:16:42 8. Herm Nelson, LaGrange 4:17:51 9. Mark Green, Las Vegas 4:19:19 10. Curtis Fisher, Colorado Springs 4:32:57 11. Mike Rohl, LaGrange 4:37:36 DNF--Carl Schueler, Colorado Springs; Eugene Kitts, Alea, Hawaii; Warrick Yeager, Palms, Cal.; and Curt Clausen, Durham, N.C.

Vaill, Huerta Dominate National Invitational Walks

Washington, D.C., March 24--Teresa Vaill and Canada's Arturo Huerta took command at the start and went on to easy victories in today's National Invitational Racewalks. In the women's 10 Km, the 33-year-old Vaill had a 7 second lead by the end of the first 2-Km lap. She was never challenged, as she covered the five laps in 45:20.4. Janice McCaffrey, Canada's 36-year-old star, was second all the way, but trailed by 46 seconds at the finish. The race saw 11 walkers under 50 minutes, with Danielle Kirk and Cheryl Rellinger adding their names to the list of Olympic Trials qualifiers by bettering 49:45.

Huerta opened up a similar lead on the first lap of the men's 20 Km and went on to beat runnerup Curt Clausen by nearly 3 minutes in 1:22:51.9. Clausen has nothing to be ashamed of, however, as his 1:25:40.9 makes him the eighth faster U.S. walker all-time. He slipped past Dave McGovern at about 15 Km and widened the second place margin to nearly 40 seconds by the finish. McGovern was no slouch himself, moving into the tenth slot all-time.

In junior races, Alison Zabrenski won the women's 5 Km in 24:59.9 and Josh Ginsburg led the men at 10 Km in 46:22.3, just ahead of 15-year-old Brian Colby. The results:

Women's 10 Km (with splits at 2 Km intervals): 1. Teresa Vaill, 33, Brooksville, Fla. 45:20.4 ((6:53, 17:53, 26:59, 36:10) 2. Janice McCaffrey, 36, Canada 46:06.2 (9:01, 18:16, 27:35, 36:52) 3. Sara Standley, 29, Cal. 46:51.8 (9:10, 18:31, 27:56, 37:21) 4. Holly Gerke, 34, Canada 48:11.4 (9:11, 18:35, 27:56, 37:21) 5. Susan Armenta, 22, Arcadia, Cal. 48:21.7 (9:32, 19:15, 28:57, 38:47) 6. Joni Ann Bender (It used to be Joan Bender, but this is how the results read.), 32, Canada 48:22.8 (9:14, 18:55, 28:42, 38:34) 7. Marykirk Cunningham 30, Arlington, Vir. 48:53.4 8. Danielle Kirk, 22, Kenosha, Wis. 49:18.4 9. Cheryl Rellinger, 30, Carbondale, Ill. 49:37.8 10. Kristen Mullaney, 35, East Lansing,

Mich. 49:47.9 11. Maria Moulton, 35, Mountain Top, Penn. 49:59.6 12. Nannette Reilly, 26, Smyrna, Georgia 51:03.4 13. Kelly Watson, 24, Racine, Wis. 52:10.1 14. Lisa Sonntag, 32, Indianapolis 52:12.8 15. Deborah Iden, 21, Kenosha, Wis. 52:36.3 16. Kaisa Ajaye, 32, New York City 52:49.9 17. Gretchen Eastler, 22, Farmington, Maine 53:10.3 18. Anne Lankowicz, 20, Falls Church, Vir. 53:16.3 19. Barbara Duplichain, 36, Richland, Miss. 54:29.2 20. Lisa Chumbley, 20, Houston, Tex. 54:39.2 21. Susan Heiser, 36, Belmont, Cal. 56:20.1 22. Monetta Roberts, 36, Mobile, Ala. 56:50.1 23. Phyllis Hansen, 44, Fords, N.J. 56:58.3 24. Patricia Jones, 33, Canada 57:01.2 25. Lauren Eastler-Farkash, 27, Rochester, N.Y. 57:16 26. Linda Stein, 48, Sunrise, Fla. 57:23.6 27. Pat Weir, 45, Wall, N.J. 57:46.4 DNF--Maryanne Torrellas, 37, Clinton, Conn. (40:39.4 at 8 Km); Gloria Rawls, 39, Mountain Top, Penn. (21:51.2 at 4 Km); Emily Hewitt, 51, Washington, DC DQ--Gayle Johnson, 47, Columbia, Mo. (44:39.9 at 8 Km); Victoria Herazo, 36, Lilburn, Georgia (27:54.1 at 6 Km).

Men's 20 Km: 1. Arutro Huerta, 26, Canada 1:22:51.9 2. Curt Clausen, 28, Durham, N.C. 1:25:40.9 3. Dave McGovern, 29, LaGrange, Georgia 1:26:28.3 4. Ian Whatley, 36, Greenville, S.C. 1:27:17.6 5. Philip Dunn, 24, Falls Church, Vir. 1:29:07.5 6. Dave Marchese, 30, Atlanta, Georgia 1:29:13.2 7. Ioan Froman, 35, Dearborn, Mich. 1:31:06.3 8. Jeff Cassin, 24, Canada 1:34:04.2 9. Gary Morgan, 36, Clarkston, Mich. 1:34:22.1 10. Marc Varsano, 23, New York City 1:36:22.8 11. Sean Albert, 22, Paramus, N.J. 1:40:30.7 12. John Soucheck, 30, Little Silver, N.J. 1:40:53.5 13. James Carmine, 52, New Cumberland, Penn. 1:42:35.7 14. Steve Pecinovsky, 41, Fairfax Station, Vir. 1:43:05.3 15. Curt Sheller, 42, Asbury Park, N.J. 1:45:10.3 16. Alan Price, 49, Washington, DC 1:52:58.6 17. Paul Adams, 27, Vicksburg, Miss. 1:53:24.4 18. David Doherty, 25, Arlington, Vir. 1:54:17.4 19. Edward Fitch, 35, Mechanisburg, Ohio 1:55:13.7 20. Jack Clifford, 42, Chester, N.J. 1:55:20.4 21. Jack Lach, 52, Wall Twp. N.J. 1:56:20.5 22. Ron Shields, 52, Blain, Penn. 1:59:50.2 23. Steve Feith, 49, Tampa, Fla. 2:07:20 24. Larry Freeman, 54, Newport, Penn. 2:09:23.1 DNF--Chad Eder, 22, Cedarville, Ohio (46:27.6 at 10 Km); Victor Litwinski, 52, Arlington, Vir. (1:55:39 at 18 Km); and Pascal Pedneault, 22, Canada (29:30.8 at 6 Km) DQ--Victor Sipes, 53, Detroit (47:26.5 at 8 Km)

Junior Women's 5 Km: 1. Alison Zabrenski, 17, Bowie, Md. 24:59.9 2. Samantha Cohen, 18, Croton, N.Y. 25:17.6 3. Corinne Colling, 17, Fairfax, Vir. 26:12.1 4. Loretta Schuellein, 18, Queens Village, N.Y. 27:10.8 5. Katie Rulapaugh, 15, Sheffield, Iowa 27:47.3 6. Stephannie Gray, 13, Miami, Fla. 28:05.4 7. Kelly Miller, 18, Springfield, Ohio 30:33.7 8. Kathleen Stuper, 18, Manalapan, N.J. 30:41.6 9. Melissa Dabel, 13, Madison, Wis. 30:56.2

Junior Men's 10 Km: 1. Josh Ginsburg, 18, Fredericksburg, Md. 46:22.3 2. Brian Colby, 15, Madison, Wis. 46:31.3 3. Scott Crafton, 17, Indianapolis 49:22 4. Brandon Perry, 17, West Palm Beach, Fla. 52:51.6 5. Shaun Foster, 17, LaGrange, Georgia 54:07.3 6. Danny Dalton, 14, Kettering, Ohio 54:16.5 7. Louis Brown, 16, Silver Spring, Md. 54:54.5 8. Michael Laseter, 14, Delray, Fla. 59:35.6

Women's Open 5 Km: 1. Lily Whalen, 44, Canada 28:15.2 2. Jennifer Pralgo, 22, Miller Place, N.Y. 29:26.3 3. Pat Zervas, 34, Gaithersburg, Md. 29:31.8 4. Frances Camevale, 44, Alexandria, Vir. 30:44.7 (19 finishers)

Men's Open 5 Km: 1. Ian Whatley 23:36.8 2. Jeff Salvage, 28, Marlton, N.J. 23:52.3 3. Dennis Hughes, 34, Virginia Beach 26:00.2 4. Nicholas Bders, 47, Roosevelt Island, N.Y. 26:30 5. Tom Bower, 51, Somerset, Penn. 26:57.3 6. Jim Goldstein, 47, Potomac, Md. 27:07.7 7. Vince Peters, 42, Yellow Springs, Ohio 27:33.2 8. Ken Mattsson, 32, Cambridge, Mass 27:49 9. Manny Eisner, 55, Interlaken, N.J. 28:45.6 10. Claude Letein,

48, Arlington, Vir. 28:57.7 11. William Flick, 70, Corry, Penn. 29:02.9 12. John Gersh, 48, Columbia, Md. 29:06.8 13. Patrick McMahon, 45, Wilkes Barre, Penn. 29:12.2 14. Edward Gawinski, 69, Wilmington, Del. 29:24.2 (29 finishers)
Judges: Ron Daniel, Frank Soby, Marjorie Corrallo, Norm Brand, Stella Cashman, Tom Eastler, and Tom Colby.

OTHER RESULTS

Eastern Regional Indoor Masters's 3 Km, Waltham, Mass., March 17: Men 40--1. Steve Vaitones 14:03.86 Men 45--1. Brian Savilonis 15:11.41 2. Stanley Sonsnowski 15:26.06 3. John Jurewicz 16:26.72 Men 50--1. Bill Purves 14:35.22 2. DeWayne Walker 17:33.75 3. Charles Mansbach 17:57.32 Men 55--1. Tom Knatt 16:16.09 2. Frank Masterson 17:15.97 Men 65--1. Louis Candido 18:21.62 Men 70--1. John Gray 21:33.29 Women 45--1. Meg Ferguson 18:41.74 Women 60--1. Jeanne Shepardson 19:58.75 **National Scholastic Meet 1 Mile, Boston, March 1:** Boys--1. Francois Berube, Can. 6:30.83 2. Scott Crafton, Indianapolis 6:30.90 3. Brian Colby, Madison, Wis. 6:45.53 4. Brandon Perry, West Palm Beach, Fla. 6:48.28 5. Brian Fanning, Commack, N.Y. 6:48.29 6. Ted Kohnen, Smithtown, N.Y. 7:27.11 7. Shaun Foster, LaGrange, Ga. 7:27.22 8. Vincent Robustelli, Kings Park, N.Y. 7:27.24 Girls--1. Lisa Kutzing, Port Jefferson, N.Y. 7:22.71 2. Sally Rapp, Montgomery, N.Y. 7:33.03 3. Alison Zabrenski, Bowie, Md. 7:35.93 4. Laurie Starr, Albuquerque, N.M. 7:44.30 5. Corinne Colling, Fairfax, Vir. 7:44.99 6. Suzanne Scavera, Airmont, N.Y. 7:46.91 7. Brigitte Farly, Can. 7:49.87 (7th grade) 8. Sara Villa, Nanuet, N.Y. 7:50.61 9. Keri Cohn, Greenlawn, N.Y. 8:01.92 10. Christine Hyland, Oakdale, N.Y. 8:01.93 11. Sasha Devore, Farmington, Maine 8:06.01 12. Tara Shea, Central Islip, N.Y. 8:09.80 (31 finishers) **Indoor 3 Km, Washington, D.C. area, Feb. 11--1. Philip Dunn 13:08.2 2. Steve Pecinovsky 13:40.1 3. Dave Doherty 14:6.8 4. Marykirk Cunningham 14:50.2 5. Samantha Cohen 14:53.6 6. Ann Lankowicz 14:53.9 7. Victor Litwinski (52) 16:36.4 8. Pat Zerfus 16:48.9 9. Alan Price (49) 16:52.1 10. Tim Good 16:58.5 11. John Gersh 17:14.3 1 Mile, same place--1. Louis Brown (16) 7:34 2. Cori Colling (17) 8:09.9 3. Jim Goldstein (47) 8:23 4. Charles Boyle (72) 9:46 10 Km, Washington, D.C., April 6--1. Ann Lankowicz 42:38 2. Jim Goldstein (47) 56:30 5 Km, same place--1. John Gersch (48) 29:25 Masters 5 Km, LaGrange, April 19--1. Bohdan Bulakowski (45-49) 22:54 2. Paul Johnson (55-59) 24:59 3. David Lawrence (40-44) 25:36 4. Max Green (60-64) 25:48 5. Gene Opheim (45-49) 27:17 6. Ron Daniel (50-54) 27:43 7. Robert Fine (60-64) 29:52 8. Charles Carter (45-49) 29:59 Women's Masters 5 Km, LaGrange, April 19--1. Victoria Herazo (35-39) 23:53 2. Becky Comeau (40-44) 26:10 3. Teresa Aragon (35-39) 28:55 4. Eileen Lawrence (40-44) 30:14 5. Tish each (45-49) 30:21 6. June-Marie provost (60-64) 31:07 Southern Region 10 Km, LaGrange, April 19--1. Dave McGovern 45:29 2. Keith Luoma 50:11 3. Joel Carter 56:22 4. Shaun Foster 58:20 Women--1. Janice McCaffrey, Can. 46:04 2. Debby Van Orden 47:50 3. Holly Gerke, Can. 48:43 4. Jone Bender, Can. 49:25 5. Maryanne Torrellas 49:54 6. Joanne Dow 50:02 7. Lisa Sonntag 50:29 8. Dee Walker 50:55 9. Cheryl Rellinger 51:13 10. Kaisa Ajaye 52:47 11. Gretchen Eastler 53:14 12. Lauren Farkash 53:49 13. Therese Iknoian 54:08 14. Barbara Duplichain 54:29 15. Peggy Miller 55:41 16. Monetta Roberts 56:41 17. Susan Heiser 57:29 18. Lisa Chumbley 58:23 19. Linda Stein 59:05 South Regional 5 Km, Miami, March 17--1. Edgardo Redroquez 25:06 2. C.S. Monte Carlo (50-54) 27:02 3. Tom White (60-64) 28:50 4. Robert Fine (60-64) 29:54 Women: 1. Stephanie Gray (13) 29:32 2. Roswitha Sidelko (40-44) 29:36 3. Pam Betz (50-54) 31:02 10 Km, Winter Park, Florida, March 30--1. Edgardo**

Rodriguez 55:02 2. C.S. Monte Carlo 56:57 3. Steve Christlieb 62:00 Women: 1. Pam Betz 62:50 5 Km, Ft. Lauderdale, Florida, March 23--1. Tim Nicholls 22:03 2. Dave Esson 27:41 3. Gerry Gomes 29:24 Masters--1. John Frederick 26:43 Women: 1. Elizabeth Nelson 29:46 2. June-Marie Provost 31:42 Masters: 1. Roswitha Sidelko 29:26 4 Miles, Coconut Creek, Florida, March 17--1. Juan Yanes (46) 35:05 2. Dave Esson 36:06 3. Gerry Gomes (63) 38:59 4. Neal Donahue (59) 39:35 Ohio Indoor 3 Km--1. Ed Fitch 16:16.7 2. Vince Peters 16:46.9 3. Jerry Muskal 17:04.5 Women: 1. Deb Iden 14:52.1 2. Amber Nichols 14:55.1 3. Jill Zenner 17:48.1 7. Ernestine Yeomans (77) 23:55.6 Indoor 3 Km, Cedarville, Ohio, Feb. 9--1. Chad Eder 12:27.8 2. Dan Dalton (15) 14:59.5 3. Ed Fitch 16:24 4. Vince Peters 17:06 Women: 1. Kelly Miller 18:09.7 15 Km, Cincinnati, March 24 (unjudged)--1. Dave Berry 1:24:43 2. Jerry Muskal 1:29:35 Women: 1. Pat Darling 1:38:10 5 Km, same place--1. Jerry Muskal 27:39 2. Kurt Monroe 31:20 Indoor 3 Km, Indianapolis, Feb. 3--1. Scott Crafton 14:00 2. Max Walker (45-49) 15:26 3. George Quinn (50-54) 17:20 Women: 1. Cheryl Rellinger 13:45 2. Lisa Sontag 14:18 3. Abigail Oliver 17:30 5 Km, Indianapolis, Feb. 17--1. Gary Morgan 21:25 2. Scott Crafton 25:22 3. Max Walker 25:52 Women: 1. Jeanette Smith 27:47 2. Jackie Jessup 29:02 3. Abigail Oliver 29:05 Indoor 2 Mile, McComb College, Michigan, Feb. 3--1. Ioan Froman 14:08 2. Dan O'Brien 15:07 3. Terry Mchoskey 16:59 Women: 1. Kirstin Mullaney 15:09 Indoor 3 Km, Carbondale, Illinois, Feb. 10--1. Don Denoon (50-54) 13:52 2. Stephen Lipe 16:27 Women: 1. Cheryl Rellinger 13:33 Indoor 3 Km, Carbondale, Feb. 17--1. Gordon Pitz 16:34.2 2. James McHose 17:59.8 Indoor 1 Mile, Carbondale, March 17--1. Cheryl Rellinger 6:56.8 2. Victoria Herazo 7:12.9 3. Suzanne Richardson 9:39 Indoor 3 Km, Oshkosh, Wis., Feb. 17--1. Will VanAken 12:19 2. Al Heppner 12:27 Women: 1. Michelle Rohl 13:15 2. Danielle Kirk 14:10 3. Deb Iden 14:24 4. Kelly Watson 14:37 5. Amber Nichols 14:59 6. Ali DeWitt 15:38 7. Margaret Ditchburn 15:57 Midwest Masters 1500 meters, Glenview, Illinois, March 2--1. Ed Sell (45-49) 7:30.18 2. Ron Winkler (45-49) 8:03.52 3. Al DuBois (60-64) 8:26.54 4. George Kruck (60-64) 8:29.56 Women: 1. Lynn Tracy (40-44) 7:54.50 2. Nancy Goldman (45-49) 8:50.43 7 Km, Denver, March 31--1. Mike Blanchard 36:31 2. Dan Pierce 37:32 3. Daryl Meyers (53) 39:55 4. Peggy Miller (41) 39:58 5. Patty Gehrke 40:58 6. Christine Vanoni (44) 41:37 5 Km, Denver, March 31--1. Daryl Meyers 27:54 2. Christine Vanoni 28:21 3. Lou Poulter (66) 32:36 5 Km, Denver, April 6--1. Daryl Meyers 17:50 2. Christine Vanoni 28:14 3. Lori Rupoli (44) 29:55 10 Km, Broomfield, Colo., April--1. Dee Walker 52:44 2. Sally Richards (42) 54:55 3. Alan Yap (53) 55:33 DQ--Marianne Martino 20 Km, Huntington Beach, Cal., March 17--1. Julio Martinez, Guatemala 1:23:51 2. Roberto Oscar, Guat. 1:23:53 3. Luis Garcia, Guat. 1:25:04 4. Nelson Funes, Guat 1:33:23 5. Mark Green (40-49) 1:33:25 6. Enrique Camarena (40-49) 1:46:23 7. Chris Dreher 1:46:41 8. David Crabb (50-59) 1:51:38 9. Ron Baers (50-59) 1:58:30 10. Carl Acosta (60-69) 1:58:57 Women: 1. Margaret Govea 1:55:38 2. Linda Adame 2:05:05 3. Jolene Steigerwalt (50-59) 2:12:11 4. Susan Maers (40-49) 2:12:21 5 Km, same place--1. Richard Lenhart 28:37 2. Jesus Orendain (50-59) 28:41 20 Km San Francisco, Marcy 17--1. Warrick Yeager (41) 1:33:08 2. Roger Welborn (44) 2:03:03 Women's 10 Km, San Francisco, March 17--1. Tina Pointra, Can. 47:46 2. Debora Van Orden 48:39 3. Kim Wilkinson 52:46 4. Therese Iknoian 54:59 5. Chris Sakelarios 57:15 6. Susan Heiser 57:30 Western Regional 5 Km, Monterey Park, Cal., March 3--1. Enrique Camarena (45) 24:14 2. Chris Dreher 25:24 3. David Crabb (50) 25:37 4. Jack Bray (63) 25:42 5. Winston Cradall (55) 26:47 6. William Penner (49) 27:03 7. Pedro Santoni 27:30 8. Carl Acosta (62) 28:20 9. Stuart Ray (53) 30:20 Women: 1. Susan Armenta 24:22 2. Fran Bustos 25:57 3. Margaret Govea 26:44 4. Brenda Carpino

(49) 29:03 5. Linda Adams 29:17 **Half-marathon, Chico, Cal., March 2--1.** Darwin DeGroot 2:23:32 2. Karen Stoyanowski 2:26:31 **San Francisco Senior Games, April 14:** Women's 1500 meters--1. Joan Nedelco (50-54) 7:52 2. Lani LeBlanc (50-54) 8:44 3. Lorri Coppola (55-59) 8:51 Men's 1500 meters--1. Jim Stuckey (55-59) 7:51 2. Gary Bower (50-54) 8:34 Women's 5 Km--1. Lani LeBlanc 31:02 Men's 5 Km--1. Jim Stuckey 27:51 2. Charles Marut (55-59) 28:11 3. Gary Bower 30:51 **2 Mile, Salem, Oregon, Nov 5., 1995--** 1. Erin Taylor 6:40.7 2. Kim Smith 18:34.6 3. Lida Smith 18:55.5 **1 Mile, Salem, January 1--1.** Erin Taylor 8:25.37 2. Kim Smith 8:36.34 Men--1. Charlie Monismith 9:05.46 2. Jim Bean 9:17.89 **5 Km, Seattle, March 1--1.** Blair Miller, U. of British Columbia 24:54.8 2. Stan Chraminski 24:57 **Women's 3 Km, same place--1.** Kathleen Law 16:24.4 **10 Mile, Seattle, March 3--1.** Stan Chraminski 1:29:46 2. Bob Novak 1:35:56 3. Bev LaVeck 1:43:54 **3 Km, Seattle, March 30--1.** Olga Reounina 14:52 2. Stan Chraminski (48) 14:55 3. Bob Novak (46) 15:09.3 4. Anne Marie Oswald 15:33 5. Keri Smith 16:07 6. Tracy Ross 16:22 7. Joanne Fox, Can. 17:05 8. Bev LaVeck (59) 17:53

FROM OTHER LANDS

5 Km, Sydney, Australia, March ?--1. Nick A'Hern 19:23.18 2. Brent Vallance 19:30.63 3. Scott Nelson 19:42.28 4. Dion Russell 20:04.76 Women--1. Kerry Saxby-Junna 20:47.5 2. Natalie Saville 21:47.1 3. Anne Manning 22:01.8 4. Y. Mitsumori, Japan 22:13.3 5. Kinda Coffee 22:20.4 6. Teresa Letherby 22:27.1 **Australian 20 Km Championship, Sydney, March 7--1.** Nick A'Hern 1:23:55 2. Dion Russell 1:24:18 3. Brent Vallance 1:26:50 **Women's 10 Km, same place--1.** Kerry Saxby-Junna 42:49 2. Anne Manning 45:37 3. Jane Saville 46:19 **35 Km, Sint-Oedenrode, Neth., March 10--1.** Henk Plasman 2:55:05 2. Mike Rohl, US 2:56:31 3. Marcel van Gemert 2:58:50 **50 Km, same place--1.** Dirk Nicque, Belgium 4:08:01 **1 Hour, Rotterdam, March 17--1.** Dirk Nicque 13,810 meters (21:59.7, 43:27.3) 2. Al Heppner, U.S. 13,675 (21:59.9, 43:44.5) 3. Henk Plasman 13,226--Al Heppner reports: My dad... was making a documentary film in Holland and he invited me to tag along during my spring break. (I found the race via the internet.) The temperature was a near perfect 50 degrees and there was absolutely no wind when I arrived (at the track). Harold van Beek, Holland's No. 1 walker, immediately welcomed me and we chatted about racewalking stuff. (He had just returned from training in LaGrange, Georgia.) Van Beek was injured and could not compete in the race, but he shed a little light on the rest of the field. As the gun went off, I went out with Dirk Nicque, the Belgian National Champion and two other walkers from the Netherlands, Plasman and Luc Nicque. Luc Nicque fell off the pack first and then Plasman. I sprinted up to Dirk Nicque and tried to settle in behind him. Although my dad was screaming his head off, I could no longer stay with Nicque after 8.5 km. The crowd, though small, was very supportive. They all knew my name by the second half of the race and they cheered loudly, particularly van Beek. In addition, I was amazed at the courtesy of the other walkers. Every time I was about to lap a competitor, he would quickly move out to lane two and let me pass on the inside. The last few laps were the hardest for me, but I had a kid running next to me for the last 300 meters. He had to mark where I stopped at the end of one hour. The race was my best in a while and I was happy. I was even happier when they gave me a really beautiful trophy and a certificate for finishing second. In Dutch, racewalking is called "snelwandelen" (snel-von-de-lin). Although the name is different, the state of walking in the Netherlands is similar to the U.S. One competitor told me that the sport is not very popular in Holland and they have very few young people involved. **Irish 20 Km Championships, Sligo, March 31--1.** Jimmy McDonald 1:25:51 2. Chris Maddocks, GB 1:26:15 3. Michael Casey 1:26:38 4. Pierce

O'Callaghan (20) 1:26:48 5. Bobby O'Leary 1:27:42 6. Patrick Ryan 1:28:44 7. Jamie Costin (18) 1:28:56 (Irish Junior record) **Irish Indoor 5 Km Championship, Nenagh, March 17--1.** Jimmy McDonald 19:49.90 2. Patrick Ryan 20:08:20 3. Pierce O'Callaghan 20:38.54 **Women's 3 Km Championship, same place--1.** Deirdre Gallagher 12:41.1 (Irish record)

Results of Shore AC 1995 Postal 1 Hour Racewalk: Women's Open--1. Victoria Herazo, Cal. 12,780 meters 2. Kaisa Ajaye, Vir. 11,251 3. Debbie Benton, Mich. 11,097 4. Erin Taylor, Ore. 10,802 5. Diane Podsiadlik, Mich. 10,802 6. Lynda DeWitt, Mass. 10,430 7. Peggy Miller, Col. 10,309 8. Julie Hecksel, Mich. 10,234 9. Marianne Martino, Col. 10,150 10. Jolene Steigerwalt, Cal. 10,029 11. Debbie Bateman, N.C. 10,019 **Women 40-44--1.** Miller 10,309 2. Virginia Fong, Cal. 9,897 3. Rita Cronley, Vir. 9,324 **Women 45-49--1.** Martino 10,150 2. Brenda Usher-Carpino, Cal. 9,968 3. Judy Heller, Ore. 9,897 4. Diane Graham-Henry, Ill. and Nancy Goldman, Ill. 9,552 6. Jodie Olson, Minn. 9,312 **Women 50-53--1.** Steigerwalt 10,029 2. Patricia Morgan, Ore. 9,214 **Women 55-59--1.** Elton Richardson, N.Y. 9,923 2. Lois Dicker, Vir. 8,961 3. Margaret Keogh, Mass., 8,705 **Women 60-64--1.** Joanne Parks, Mich. 9,406 2. Shirley Dockstader, Cal. 9,348 3. Ruthe Eberle, Mo. 9,278 4. Lorraine Whitesell, Minn. 9,070 5. Carol Ferris, Cal. 8,635 **Women 65-69--1.** Patricia Nesley, Vir. 8,771 2. Bonnie Vaughan, N.C. 8,300 **Women 70-74--1.** Miriam Gordon, Fla. 8,497 **Women 75-79--1.** Louise Stutsman, Cal. 6,983 **Women 80-84--1.** Mary Latham, Vir. 6,975 **Women 85-89--1.** Dorothy Roberts, Cal. 6,619 **Men's Open--1.** Clurt Clausen, N.C. 13,378 2. Larry Walker, Cal. 12,533 3. Albert Liebold, Col. 12,338 4. Ian Whatley, S.C. 12,301 5. Cliff Mimm, N.J. 12,033 6. James Carmines, Penn. 11,891 7. John Soucheck, N.J. 11,754 8. Dave Romansky, N.J. 11,535 9. Ed Kousky, Cal. 11,221 10. Max Green, Mich. 11,205 11. Daniel Vogel, Ill. 11,200 12. Dan Pierce, Col. 11,010 13. Jack Bray, Cal. 10,972 14. Tony Noerpel, N.J. 10,966 15. Jim Stuckey, Cal. 10,959 16. Jack Lach, N.J. 10,958 17. Curt Shellar, N.J. 10,870 18. Carl Acosta, Cal. 10,660 19. Bob Barrett, N.Y. 10,637 20. Don Mowles, Ill. 10,630 21. John Schulz, Cal. 10,597 22. Stuart Summerhayes, Mass. 10,522 23. Gary Westlund, Minn. 10,502 24. Jonathan Udesky, Ill. 10,489 25. Ed Sell, Ill., 10,474 26. Manny Eisner, N.J. 10,464 27. Tom Knatt, Mass. 10,463 28. Patrick Bivona, N.J. 10,374 29. Jim Goldstein, Vir. 10,359 30. John Kaplan, Minn. 10,346 31. Doug VerMeer, Ore. 10,341 32. Lonnie Schrener, Col. 10,320 33. Claude LeTien, Vir. 10,225 34. Gordon Pitz, Mo. 10,191 35. Keith McConnell, Cal. 10,152 36. Dick Jirousek, Vir. 10,029 **Men 40-44--1.** Sheller 10,870 2. Westlund 10,502 3. Udesky 10,489 4. VerMeer 10,341 **Men 45-49--1.** Noerpel 10,966 2. Sell 10,474 3. Goldstein 10,359 4. LeTien 10,225 5. Alan Price, DC 9,729 **Men 50-54--1.** Walker 12,533 2. Carmines 11,891 3. Kousky 11,221 4. Lack 10,958 5. Mowles 10,630 6. Eisner 10,464 7. Bivona 10,374 8. Schrener 10,320 9. McConnell 10,152 10. Jirousek 10,029 11. Tom Hinds, Minn. **Men 55-59--1.** Romansky 11,535 2. Stuckey 10,959 3. Schulz 10,597 4. Knatt 10,463 5. Kaplan 10,346 6. Ppitz 10,191 7. Bernie Finch, Minn. 9,749 8. Jack Lucey, N.J. 9,453 9. Ed Lane, Cal. 9,301 10. Jim McHose, Mo. 9,295 **Men 60-64--1.** Green 11,205 2. Bray 10,972 Acosta 10,660 4. Barrett 10,637 5. Summerhayes 10,522 6. Huey Johnson, Cal. 9,764 7. Cedric Hustace, Mo. 9,640 8. Bob Fine, Fla. 9,535 9. John Lyle, Col. 9,483 10. Gerry Gomes, Fla. 9,214 **Men 65-69--1.** Mike Michel, Mass. 9,729 2. Louis Free, Mass. 9,488 3. Cervin Robinson, N.Y. 9,366 4. Tom Eval, N.J. 9,057 **Men 70-74--1.** Bob Mimm, N.J. 9,664 2. John Nervetti, N.J. 9,520 3. Klaus Timmerhaus, Col.

9,417 4. John Gray, Mass. 8,903 5. Bill O'Reilly, Vir. 8,823 **Men 75-79--1.** Howard Channell, Col. 9,019 2. Troy Grove, Cal. 8,441 3. Herman Arrow, Cal. 8,353 **Men 80-84--** 1. Ernest Lucken, Cal. 8,207 2. Harry Drazin, N.J. 7,604 **Women's Open Team 1.** Wolverine Pacers 32, 133 2. California Walkers 31,148 3. Front Range Walkers 29,710 **Men's Open Team:** 1. Shore AC 37,165 2. Potomac Valley 34,551 3. Front Range 33,668 4. Shore AC B 33,459 4. Marin RW 32,528 6. Shore AC C 31,708 7. Chicago 31,593. Race statistics: 122 men walked 1,141,864 meters. 92 women walked 775,373 meters. Total participants--214 walking 1,917,237 meters.

A GRAB BAG OF RACING OPPORTUNITIES

Sat. May 11 5 Miles, Columbia, Missouri, 8 am (DD)
5 Miles, Larkspur, Cal. (P)
Master's 5 Km, Atlanta (D)
8 Km, Pokagon State Park, Ind. (V)

Sun. May 12 Jack Mortland 20 Km (North Region Championship); 5 and 10 km, Yellow Springs, Ohio (M)
10 Km, London, Ontario (O)
10 Km, New York City, 8 am (F)
3 Km, Alexandria, Virginia, 8:30 am (J)

Sat. May 18 5 Km, Miami, 7:30 am (Q)
5 Km, Indianapolis (V)

Sun. May 19 Western Regional Women's 10 Km and Men's 20 Km, Palo Alto, Cal. (G)
USATF Men's 10 Km, Niagara Falls, NY (E)
Inland Empire 15 Km and 5 Km, Riverside, Cal. (B)
1 Hour, Washington, DC area (J)
5 Km, New Orleans, 8 am (X)
5, 10, and 20 Km, Kenosha, Wis. (AA)
5 Km, New Orleans, 6 pm (X)
5 Km, Ann Arbor, Mich. (O)
Pacific Assn. 5 Km, (G)

Fri. May 24 **USATF Youth Road Walk Championships, Bridgeton, Mo. (S)**

Sat/ May 25 5 Km, Marin, Cal. (P)
20 Km, New York City, 8 am (F)
3 Km, Alexandria, Vir., 8:30 am (J)
North Zone 5 Km, Bridgeton, Missouri (S)

Mon. May 27 5 Km, Miami, 7:30 am (Q)
5 Miles, Boca Raton, Florida, 7:30 am (Q)
10 Km, Kentfield, Cal., 10 am (BB)

Sat. June 1 Senior 5 Km, Sacramento, Cal. (P)
5 Km, New Castle, Penn., 9 am (CC)
5 Km, Fontana, Cal. (B)

Sun. June 2 Weinacker Cup 5 and 10 Km, Windsor, Ont. (O)
5, 10, and 20 (W) Km, Kenosha, Wis. (AA)

Thur. June 6 2.8 Mile, Seattle, 6 pm (C)

Sat. June 8 1500 meters and 3 Km, Seattle (C)
Ohio 10 Km Championships, Cedarville (M)

5 Km, Illinois (AA)
3 Km, Alexandria, Vir., 8:30 am (J)

Sun. June 9 1500 meters, St. Louis (S)

Mon. June 10 8 Km, Potato Creek State Park, Indiana (V)
3 Km, Dayton, Ohio (M)
5 Km, Chicago (AA)

Sat. June 15 3, 5, and 10 Km, Dearborn (Z)
5 Km, New York City, 9 am (F)

Sun. June 16 **U.S. Olympic Trials: Men's 20 Km, 7:30 am, Women's 10 Km 9:50 am, Atlanta, Georgia (T)**
5 Km, Pasadena, Cal. (B)

Fri. June 22 3 Km, Alexandria, Vir., 8:30 am (J)
10 Km, New York City, 9 am (F)
1 Hour, Kentfield, Cal. (BB)

Sun. June 23 3 Km, St. Louis (S)
3 Km, St. Louis (S)
5 Km, Eugene, Oregon (Y)
3 Km, Dayton, Ohio (M)
5 Km, Chicago (AA)
USATF Junior 5 and 10 Km, Delaware, Ohio (R)
5, 10, 15, 20 Km, Marin, Cal. (BB)

Mon. June 17 3 Km, St. Louis (S)

Mon. June 14 3 Km, St. Louis (S)

Sat. June 29 5 Km, Eugene, Oregon (Y)
3 Km, Dayton, Ohio (M)
5 Km, Chicago (AA)
USATF Junior 5 and 10 Km, Delaware, Ohio (R)
5, 10, 15, 20 Km, Marin, Cal. (BB)

Sun. June 30 3 Km, St. Louis (S)

Mon. July 1 Pegasus 5 and 10 Km, Warren, Mich. (O)

Thur. July 4

Contacts

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FROM HEEL TO TOE

Together with the results of the Shore AC Postal 1 Hour was a note that Elliott Denman suffered a mild heart attack recently. Happily, he is recovering nicely and is back working. I am sure everyone in the racewalking community wishes Elliott fine health for many years to come. . . Steve Vaitones continues to dig in old issues of the *Long Distance Log*. This item from October 1964: "Phil Knight, ex-Univ. of Oregon 4:10 miler, started his racewalking career with a bang as he won a 3 mile Olympic Development race in 30:17 in July." "Who is Phil Knight?" queries Steve. "Oh, just the head honcho, president, and guru of Nike!" Steve replies. I don't think his racewalking career ever took off, but his business did. . . This from Danny Vogel in New Jersey: "Some trivia for From Heel to Toe. On a recent edition of the TV children's science program 'Bill Nye the Science Guy', Bill Nye demonstrated racewalking technique after a discussion of how other animals walk (spiders, inchworms, seastars). This brief 10 second clip had Mr. Nye clipping himself (in perfect form) at a speed of about 15 kilometers an hour, according to him. A brief, but apt, promotion of our sport. All this time and we didn't know that we were talking with the animals, walking with the animals. . . . On page 1 of the March issue, we showed results of the Women's National Indoor 5 Km. If you didn't figure it out, that should have read 3 Km. It drove reader Hilda Robbins nearly nuts wondering how the women could go so much faster than the men. . . Well, we finally got a chance to view the ESPN2 coverage of last year's World Cup races. Reader Seth Sherman had taped the program and was kind enough to send his tape along. It was generally nice coverage. Certainly none of the big negatives we have experienced in the past. Larry Rawson had obviously done a lot of homework to learn about our sport. The major problem was that he was just doing a voice over of tape that had been cut from the 7 to 8 hours needed to finish all three races to a 1 hour program and the telecast didn't really follow the progress of the races too well. He never seemed to be sure just where they were in a race as he spoke, at least he wasn't telling us, although you could sometimes pick this up from occasional graphics. But, in the 50, for example, they flashed the standings at 5 Km as the race was nearing its finish. Also, the importance of the team standings was emphasized at the start of the telecast, but team results were shown only for the Women's 10 Km. Rawson occasionally referred to the "runners", but I guess we can live with that, and once he said the leg must be "bent" under the body. I think he knew what he wanted to say, but just didn't get it out right. But, he is to be complimented for trying to put a very positive light on the sport. Unfortunately, probably no one but a few racewalkers who had ESPN2 on their cable at that time watched it. . . Expanding a bit on Andy Liles comments last month on the N.Y. high school program, a particularly successful program has been that of Frank Manhardt (now retired) at North Babylon H.S. That program produced both Tim Seaman and Dave Marchese, as well as U.W.-Parkside walker Margaret Ditchburn. Marchese qualified for the Olympic Trials at both 20 and 50. Seaman, already qualified at 20, reportedly walked 1:24:38 in Hungary (we haven't got a result yet), which would leave behind only Tim Lewis and Allen James on the All-Time U.S. list. Tim graduated from Parkside last May and is planning to enter law school (he has completed his law boards) while continuing his training. .

Olympics Trials Qualifiers

(As of March 31 as compiled by Steve Vaitones)

Qualification standards are 49:45 for the women's 10 Km and 1:28:00 for the men's 20 Km. However, there are guaranteed fields of at least 15 for both races; i.e., if 15 competitors don't meet the standard, the fastest 15 times during the qualifying period will be entered. If more than 15 meet the standard, they will all be in (the case with the women now).

Women's 10 Km

Michelle Rohl 44:17
 Teresa Vaill 45:01
 Debbi Lawrence 45:03
 Victoria Herazo 45:52.63
 Deb Van Orden 46:02.99
 Lynda Brubaker 46:52
 Sara Standley 46:52
 Joanne Dow 47:43
 Susan Armenta 48:19
 Kerry Moskaliuk 48:53
 Marykirk Cunningham 48:54
 Dana Yarbrough 49:02.13
 Maryanne Torrellas 49:16
 Danielle Kirk 49:19
 Maria Moulton 49:33
 Cheryl Rellinger 49:38

Men's 20 Km

Allen James 1:24:46
 Curt Clausen 1:25:41
 Dave McGovern 1:26:29
 Herm Nelson 1:27:06.7
 Ian Whatley 1:27:18
 Gary Morgan 1:27:37.7

 Philip Dunn 1:28:18
 Andrew Hermann 1:28:47
 Chad Eder 1:28:57
 Dave Marchese 1:29:14
 Tim Seaman 1:29:20.67
 Rob Cole 1:29:21
 Mark Green 1:29:30
 Wil Van Axen 1:29:32.2
 Ioan Froman 1:29:59

LOOKING BACK

30 Years Ago (From the April 1966 ORW)--He set an American record for 50 miles in Point Pleasant, N.J. and we called him "toughest of the tough", That was Shaul Ladany, who covered the distance in 8:35:35. He started out with an 8:45 mile and passed 50 Km in 5:05:13. John Kelly did 8:47:17 in second. Elliott Denman was third and Bruce MacDonald fourth. . . In San Diego, Ron Laird set American records at 35 Km (3:08:37), 40 Km (3:38:26), and 25 miles (3:39:37). . . Jack Blackburn won a track 40 Km in Worthington, Ohio in 3:58 as your editor's "assault" on Laird's records fizzled out after 15 miles when he dropped behind the necessary pace and ground to a halt at 19 miles.

25 Years Ago (From the April 1971 ORW)--Laird again, this time winning the National 1 Hour by overcoming Colorado's altitude handicap to cover 7 miles 1510 yards. Floyd Godwin was nearly 300 yards behind Laird and 50 yards ahead of comebacking Larry Young, as he took second. . . John Knifton was nifty in a 4:10:42 50 km effort, followed 6 days later by a track 20 Km in 1:35:19. Ron Kulik was second in the 50 in 4:15:31, but there was some suspicion about the course. . . Elliott Denman won his annual 50 miler in 8:47, with our own Jack Blackburn struggling in third behind George Braceland. . . On the local scene, Jerry Brown, then living in Louisville, won a 10 Km on the Worthington track in 49:06, leaving your editor some 34 seconds behind. The ORW subscription rate went from \$2.00 to \$2.50.

20 Years Ago (From the April 1976 ORW)--Shaul Ladany was back, winning the National 75 Km for the second straight year in 7:13:46. He outclassed the opposition in the New Jersey race, with Tom Ambury second in 7:58:02, following by Alan Price (8:02:36) and Tom Knatt (8:14:07). . . The National 100 Km was also contested, this one in Colorado, with Paul Ide winning in 10:31:28, 14 minutes ahead of Augie Hirt. Jerry Brown was a distant third. . . Still going strong, Ron Laird won the National 25 Km in Seattle, overhauling Larry Young in the final 5 Km. Young went through 20 Km in 1:33:54 and led by nearly a minute, but hit the wall soon after and succumbed to Laird's strong finish. Ron had 1:59:09 to Larry's 2:00:33.

15 Years Ago (From the April 1981 ORW)--Jim Heiring set an American record for 5 Km (20:41) at the Dogwood Relays in Knoxville, Tenn. Todd Scully was second in 21:17. Tim Lewis, a student at East Tennessee, was third in 22:05. . . Australia's Sue Cook had two world's bests: 22:53.2 for a track 5 Km in Adelaide and 6:47.9 for 1 Mile in Canberra.

10 Years Ago (From the April 1986 ORW)--Tim Lewis and Lynn Weik scored double victories in the Rockport Regional held in the nation's capital. Lewis won the 5 Km on Saturday in a quick 19:54 and came back on Sunday to walk 20 Km in 1:25:43. Weik won a 5 and a 10 over the two days in 23:36 and 48:20. Carl Schueler followed Lewis on both days, at a respectable distance, in 21:09 and 1:28:43. Teresa Vaill also had two seconds in 23:47 and 49:01. . . In Mexico's Race Walking Week, Czechoslovakia's Josef Pribilinec won the 20 Km in 1:23:34, with Ernesto Canto second in 1:23:48. Canto took a 1 Hour race with 14,339 meters in torrential rains, with Czech Pavol Blazek second some 47 meters back. The 50 went to Felix Gomez in 3:56:25, with Martin Bermudez and Sweden's Bo Gustavsson also under 4 hours.

5 Years Ago (From the April 1991 ORW)--In U.S. World Cup Trials, held in San Jose, Debbi Lawrence and Tim Lewis turned in impressive performances. Lawrence took the 10 Km race in 45:32, 24 seconds ahead of Lynn Weik and Teresa Vaill, who were in a near dead heat for second. Victoria Herazo was 9 seconds behind them in fourth and Wendy Sharp captured the final Cup spot in 48:28. Lewis was unchallenged in the 20, walking 1:26:52 to beat Doug Fournier by 45 seconds. Allen James was third in 1:27:47, with Curtis Fisher (1:28:12) and Don Lawrence (1:28:53) taking the other two Cup spots. . . Fournier and Weik had won races at the National Invitational in Washington, D.C.. Fournier's 1:32:31 for 20 Km put him nearly 2 1/2 minutes ahead of Marc Varsano. Weik had a 48:48 to finish better than 2 minutes ahead of Maryanne Torrellas. . . World Indoor titles went to Germany's Beate Anders (3 Km in 11:50.90) and Russia's Mikhail Schennikov (3 Km in 18:23.55). Kerry Saxby (Australia) and Ileana Salvador (Italy) followed Anders. Italy's Giovanni DiBenedictis and Russia's Kostyukovich were 2-3 in the men's race.

Olympic Walking History

(Repeated and updated from several 1982 issues)

The first racewalking in the Olympics was at the "unofficial" Games held in Athens, Greece in 1906. (There was an 880 walk as part of the All-Around competition--10-events in a single day--in 1904, but that was not an event for racewalkers, as such.) Winners in Athens were George Bonhag of the U.S. at 1500 meters in 7:12.6 and Gyorgy Sztancsics of

Hungary at 3000 meters in 15:13.2. Walking became an official part of the Olympics at London in 1908 and racewalks have been included in every Olympics since, except for 1928. They were dropped that year because of controversy over judging. Prior to that, the longest race had been 10 miles. When walking was reinstated in 1932, it was at 50 Km only, an attempt to avoid judging controversy. A 10 Km was put back in for 1948 and changed to 20 Km in 1956. In 1976, the 50 Km was dropped as part of an effort to streamline the program, but it was reinstated in 1980. The women's 10 Km was contested for the first time in 1992.

1908 Olympic Games, London

3500 meters (track)

Heats, July 13: 1st Heat--1. George Lamer, GB 15:32.0 2. Harry Kear, Aust/NZ 16:02.2 3. William Palmer, GB 16:33 4. Paul Gunia, Germany 16:38; 5. Sam Sarel, GB 17:06 6. Arne Jojme, Den. 17:23.4 7. J. Goetzee, Hol. 17:37.8 DQ--B.C. Brown, GB **Heat 2**--1. Ernest Webb, GB 15:17.2 2. Charles Westergaard, Den. 17:07 3. Einar Rothman, Swed. 17:40.2 4. W. F. Winkelmann, Hol. 17:57.6 5. Stefan Drukina, Hung. 18:44.6 6. Ruimers, Hol. 18:44.6 DNF--Richard Quinn and John Reid, GB **Heat 3**--1. George Goulding, Can. 2. Richard Harrison, GB 3. Arthur Howland, Aus./NZ 4. Jack Butler, GB Others: Huijgen, Hol.; Soulijn, Hol.; Richard Wilhelm, Ger. DQ--Albert Yeomans, GB **Final, July 14:** 1. George Lamer, GB 14:55 2. Ernest Webb, GB 15:07.5 3. Henry Kear, Aust/NZ 15:49.8 4. George Goulding, Can. 15:49.8 5. Arthur Rowland, Aust./NZ 16:07 6. Charles Westergaard, Den. 17:21.8 7. Einar Rothman, Swed. 17:50 DNF--William Palmer, GB DQ--Richard Harrison, GB

10 Miles (track)

Heats, July 15: 1st heat--1. Ernest Webb, GB 1:20:18.8 2. Frank Carter, GB 1:21:25.4 3. Edward Spencer, GB 1:21:25.4 4. Erik Lamer, GB 1:21:25.4 5. Arth=thur Rowland, Aus/NZ 1:21:57.6 6. Paul Gunia, Ger. 1:26:09.4 DNF--J. Goetzee, Ho., W.F. Winkelmann, Hol.; Souldijn, Hol. Arne Hojme, Den.; and Albert Yeomans, GB **2nd heat**--1. George Lamer, GB 1:18:19 2. Richard Harrison, GB 1:18:21.2 3. Harry Kear, Aus/NZ 1:18:40.2 4. William Palmer, GB 1:19:04 5. George Withers, GB 1:19:22.4 6. Samuel Schofield, GB 1:21:07.4 8. Emmerich Rath, Austria 1:30:33.8 DNF--Juijgen, Hol.; Jack Butler, GB; Einar Rothman, Swed.; Charles Westergaard, Den.; and George Goulding, Can. **Final, July 17**--1. George Lamer, GB 1:15:57.4 2. Ernest Webb, GB 1:17:31 3. Rdward Spencer, GB 1:21:20.2 4. Frank Carter, GB 1:21:20.2 5. Erik Lamer, GB 1:24:26.2 DNF--Palmer, Harrison, Kear

1912 Olympics, Stockholm

10 Km (Track)

Heats, July 8: 1st heat--1. George Goulding, Can. 47:14.6 2. Ernest Webb, GB 47:25.4 3. Aage Rassmussen, Den. 48:15.8 4. Fernando Altimani, Italy 48:54.2 5. Sam Schwartz, U.S.A 53:30.8 7. Edward Renz, USA 53:30.8 DNF--Rudolf Richter, Czech.; Konstantin

Lukk, Rusland; Elmer Hermann, Rusland; and five others. **2nd Heat--1.** William Yates, GB 49:43.6 **2.** Arthur St. Norman, S. Afr. 50:17.6 **3.** Edward Dunhill, GB 50:57.6 **4.** Wilhelm Glyche, Den. 51:13.8 **5.** Frank Kaiser, USA 51:31.8 **6.** Arthur Voellmeke, USA 52:29.2 **7.** Robertos Salinas, Chile 55:02 **8.** H. Ripszam, Hung. 55:20.8 **9.** Alexandr, Rusland 59:24.2 **DQ--**William Murray, Aust.; Stefan Drubina, Hung.; and Niels Pedersen, Den. **DNF--**Robert Bridge, GB and four others

Final, July 11--1. George Goulding, Can. 46:28.4 **2.** Ernest Webb, GB 46:50.4 **3.** Fernando Altimani, Italy 47:47.6 **4.** Aage Rassmussen, Den. 48:00.4 **DQ--**Edward Dunhill, GB; William Yates, GB; and Arthur St. Norman, S. Afr. **DNF--**Frank Kaiser, USA; William Palmer, GB; and Wilhelm Glyche, Den.

1920 Olympics, Antwerp

10 Km

Heats, August 15: 1st Heat--1. Ugo Frigerio, Italy 47:06.4 **2.** Joseph Pearman, USA **3.** George Parker, GB (? listed as Australia in final and in 3 Km, so that is probably correct) **4.** Donato Pavesi, Italy **5.** Charles Gunn, GB **6.** Albert Doyen, Belg. **7.** William Roelker, USA **8.** Josef Slehofer, Czech. **9.** Elmer Herman, Est. **10.** Edward Freeman, Can. **DNF--**G. Wiggers, Belg. **DQ--**Paul Werlaecht, Belg. **2nd heat--1.** William Hehir, GB 51:34.6 **2.** Cecil McMaster, S. Afr. **3.** Thomas Maroney, USA **4.** William Plant, USA **5.** L. Melandez, Spain **6.** Joseph Seghers, Belg. **7.** Charles Dawson, GB **8.** Machael Simon, France **DQ--**S. Andelmetti, Switz.; Gunnar aRassmussen, Den.' and Niels Pedersen, Den. **Final, Aug. 16--1.** Ugo Frigerio, Italy 48:06.2 **2.** Joseph Peraman, USA **3.** Gharles Gunn, GB **4.** Cecil McMaster, S. Afr. **5.** William Hehir, GB **6.** Thomas Maroney, USA **7.** Donato Pavasi, Italy **8.** Wlliam Plant, USA **9.** George Parker, Aust. **10.** L. Melandez, Spain

3000 meters

Heats, Aug. 19--1. Donato Pavesi, Italy 13:46.4 **2.** George Parker, Aust. **3.** Thomas Maroney, USA **4.** Charles Dawson, GB **5.** Niels Pedersen, Den. Others: Joseph Seghers, Belg.; Josef Slehofer, Czech.; Paul Werlaecht, Belg.; Elmer Hermann, Est.; and Joseph Pearman, USA **Heat 2--1.** Ugo Frigerio, Italy 13:40 **2.** Cecil McMaster, S. Afr. **3.** Richard Remer, USA **4.** William Roelker, USA **5.** William Hehir, GB **6.** Charles Gunn, GB, Others: A. Schotte, Hol.; G. Wiggers, Belg.; and S. Anselmette, Switz. **DQ--**Gunnar Rasmussen, Den.

Final, August 20--1. Ugo Frigerio, Italy 13:14.2 **2.** George Parker, Aust. **3.** Richard Remer, USA **4.** Cecil McMaster, S. Afr. **5.** Thomas Maroney, USA **6.** Charles Dawson, GB **7.** William Hehir, GB **8.** Donato Pavesi, Italy **9.** William Roelker, USA **10.** Niels Pedersen, Den.

1924 Olympics, Paris

10 Km

Heats, July 9: Heat 1--1. George Godwin, GB 49:04 **2.** Donato Pavesi, Italy **3.** Harry Hinkel, USA **4.** Luigi Bosatra, Italy **5.** Henry Clermont, France **6.** Edward Freeman, Can. **DQ--**Ernie Austen, Aust. and Kuhnel, Aust. (Kuhnel misunderstood the judges and was allowed to compete again in the second heat, where, as you will see, they zapped him again. There was also a ninth competitor whose name and nation have been lost to history.) **Heat 2, July 11--1.** Ugo Frigerio, Italy 49:15.6 **2.** Cecil McMaster, S. Afr. **3.** Arthur Tell Schwab, Switz. **4.** Armando Valente, Italy **5.** Paul Clarke, GB **6.** Francois Decrombedque, France **7.** Kalmins, Lat. **8.** Margo Fredegrda, Italy **DQ--**Gordon Watts, GB and Kuhnel, Aust.

Final, July 13--1. Ugo Frigerio, Italy 47:49.0 **2.** George Godwin, GB **3.** Cecil McMaster, S. Afr. **4.** Donato Pavesi, Italy **5.** Arthur Tell Schwab, Switz. **6.** Paul Glarke, GB **7.** Armando Valente, Italy **8.** Luigi Bosatra, Italy **9.** Harry Hinkel, USA **10.** Henri Clermont, France

1932 Olympics, Los Angeles

50 Km, August 3

1. Thomas W. Green, GB 4:50:10 **2.** Janis Dalnins, Lat. 4:57:20 **3.** Ugo Frigerio, Italy 4:59:06 **4.** Karl Hahnel, Ger. 5:06:06 **5.** Ettore Rivolta, Italy 5:07:39 **6.** Paul Sievert, Ger. 5:16:41 **7.** Henri Quintric, France 5:27:25 **8.** Ernie Crosby, USA 5:28:02 **9.** Bill Chisholm, USA 5:51:00 **10.** Masin, Est. **DNF--**Arthur Tell Schwab, Switz. and four nameless individuals

1936 Olympics, Berlin

50 Km, August 5

1. Harold Whitlock, GB 4:30:41.4 **2.** Arthur Tell Schwab, Switz. 4:32:09.2 **3.** Adolfs Bubenkos, Lat. 4:32:42.2 **4.** Jaroslav Stork-Zofka, Czech. 4:34:00.2 **5.** Edgar Brunn, Nor. 4:34:53.2 **6.** Fritz Bleiweiss, Ger. 4:36:48.4 **7.** Fritz Reninger, Switz. 4:40:55 **8.** Emile Laisne, France 4:41:40 **9.** Teodor Bieregowoj, Po., 4:42:49 **10.** Art Toscani, Hol. 4:42:59.4 **11.** Evald Segerstrom, Swed. 4:43:30.4 **12.** Ettore Rivolta, Italy 4:48:47 **14.** Guisepp Gobbato, Italy 4:49:51 **15.** Adolf Aebersold, Switz. 4:51:14 **16.** Herbert Dill, Ger. 4:51:26 **17.** T. Lloyd Johnson, GB 4:54:56 **18.** Mario Brignoli, Italy 4:58:12 **19.** R. Naroka, Japan 5:07:15 **20.** Vasila Firea, Rom. 5:09:39 **21.** Al J. Magen, USA 5:12:00 **22.** Tsai, China 5:16:02.4 **23.** Joseph Koehler, USA 5:20:18.4 **24.** Yen Y. Chow 5:25:01 **25.** C.C. Chang, China 5:26:54.2 **26.** Ernie Crosby, USA 5:31:44.2 **DNF--**Einar Beck, Den.; Joseph Hopkins, GB; Janis Dalins, Lat.; and Arnolds Kruklins, Lat. **DQ--**Gosta Grandin, Swed.; Dick Loff, Swed.; and Friedrich Pehn, Ger.