

## Happy Holidays

### 28th Year For ORW Rankings

In 1971, the ORW staff (of one) boldly stepped forward with its own subjective rankings of the world's foremost walkers for the year. Having taken that first step, we have continued each year so that we now mark our 28th Annual World Rankings at 20 and 50 Km. No doubt, billions of people throughout the world have been waiting, but only you few loyal readers get to see them at this time (until Reuters and others pounce on them). We also rank the U.S. men at both events for the 26th year. Our women's rankings, both World and U.S., began in 1979, so this is the 20th year. (We weren't being sexist. There just wasn't enough reported activity prior to that to validate rankings.) The first women's rankings were for both 5 and 10 km, with the most activity then at 5. We abandoned the 5 km rankings in 1985 when the 10 became well established as the premier event. Next year we will go to the 20 and decide if we want to continue the 10 as well.

The rankings are the editor's subjective judgment based on finish positions in major competitions, competitive record against other contending athletes, and collection of times. World and U.S. lists will be published next month.

#### 1998 World 10 Km Rankings

- |  |   |
|--|---|
| 1. Anna Rita Sidoti, Italy<br>50:10 (3) S. Amer. Cup 3/15<br>DNF Euro Cup 4/25<br>44:08 (2) Sesto SG 5/2<br>43:31 (1) La Coruna 5/16<br>DNF Senigallia<br>42:49 (1) Eur. Champ. 8/20 | 44:31 (3) Senigallia<br>42:54 (2) Eur. Champ. 8/20  |
| 2. Nadezhda Ryashkina, Russia<br>42:25 (1) Adler 2/20<br>43:06 (1) Eur. Cup 4/25<br>44:26(2) Goodwill Games 7/22<br>43:37 (7) Eur. Champ. 8/20                                       | 4. Maria Rosza-Urbaniak, Hungary<br>43:08 (2) Euro Cup 4/25<br>44:20 (4) Sesto SG 5/2<br>44:04 (2) Senigallia<br>42:59 (4) Euro Champ. 8/20         |
| 3. Erica Alfridi, Italy<br>43:30 (9) Eur. Cup 4/25<br>44:20 (4) Sesto SG 5/2<br>44:51 (1) Barcelona 5/9<br>43:44 (3) LaCoruna 5/16   | 5. Susana Feitor, Portugal<br>43:42 (1) Rio Maior 3/28<br>42:55 (3) Euro. Champ. 8/20   |
|  | 6. Katarzyna Radtke-Schewe, Poland<br>43:18 (5) Euro Cup 4/25<br>45:48 (1) Pol. Champ. 6/26<br>43:09 (6) Euro. Champ. 8/20<br>42:33 (1) Gdansk 8/20 |

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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.

7. Maria Vasco, Spain  
47:23 (1) Badalona 1/11  
46:06 (2) Mollet des V. 1/25  
45:15 (3) Span. Champ. 3/29  
43:23 (7) Eur. Cup 4/25  
43:36 (2) LaCoruna 5/16  
43:02 (5) Euro. Champ. 8/20
8. Olga Kardopoltseva, Belarus  
44:57 (2) Rio Maior 3/28  
43:26 (8) Euro. Cup 4/25  
43:05 (1) Eisenhutzenstadt 5/9  
43:38 (8) Euro. Champ. 8/20  
42:59 (2) Gdansk 8/29  
42:40 (2) Hildesheim 9/12

9. Claudia Iovan, Romania  
43:12 (3) Euro Cup 4/25  
43:11 (1) Bucharest 6/20  
44:10 (12) Euro Champ. 8/20
10. Tamara Kovalenko, Russia  
43:13 (4) Adler 2/20  
43:14 (4) Euro Cup 4/25  
42:46 (2) Russian Champ. 5/16

The tiny (4' 11", 92 pounds) Sidoti defended her Number one ranking despite not finishing two races. Her wins over a strong field at La Coruna and in the year's most important race, the European Championships give her the nod over Ryashkina, who faltered in the final race. . Ryashkina's European Cup win was enough to give her second over Alfridi. Alfridi recovered well from a below par Euro Cup race with five strong races, but lost to Sidoti three times, beating her only when Sidoti failed to finish the two races. . Rosza-Urbanik was the most consistent of the four and had the best record in the two Euro races, but lost to the two Italians in the key race and to the Russian in the Euro Cup race. . Radtke-Schewe and Vasco are very close for the sixth spot, having traded places in the two Euro races. The Polish woman gets the nod off her fast season-ending race. . Kardopoltseva finished eighth in both Euro races and gets eighth over Iovan and Kovalenko who beat her in the European Cup, but were not as impressive otherwise. Besides Sidoti, only Alfridi (2nd), Kardopoltseva (4th), and Kovalenko (10th) were ranked last year.

### 1998 U.S. 10 Km Rankings

1. Joanne Dow  
47:42 (2) Nat. Inv. 3/28  
47:07 (1) USATF Champ. 6/19  
45:37 (3) Goodwill G. 7/20
2. Michelle Rohl  
46:55 (1) Nat. Inv. 3/28  
43:31 (1) Kenosha 6/7  
46:09 (1) Albuquerque 6/9
3. Debbi Lawrence  
46:41 (1) Kenosha 6/3  
48:35 (3) USATF Champ. 6/19  
47:37 (5) Goodwill G. 7/20

4. Victoria Herazo  
48:41 (20) Eisenhutzenstadt 5/9  
50:05 (4) USATF Champ. 6/19  
DQ Goodwill G. 7/20  
48:24 (1) Orono 8/2

5. Susan Armenta  
478:39 (1) Palo Alto 5/17  
50:22 (5) USATF Champ. 6/19

6. Teresa Vaill  
48:04 (3) Nat. Invit. 3/28  
DNF USATF Champ. 6/19

7. Cheryl Rellinger  
55:26 (11) Nat. Invit. 3/28  
51:20 (6) USATF 6/19  
49:58 (2) Niag. Falls 7/11

8. Jill Zenner  
49:31 (4) Nat. Invit. 3/28  
52:45 (8) USATF Champ. 6/19  
48:21 (1) Cedarville 7/16

9. Gretchen Eastler-Fishman  
52:45 (7) USATF Champ. 6/19

10. Danielle Kirk  
48:50 (15) LaCoruna 5/16  
53:31 (9) USATF Champ. 6/19

The results of the National Championship race pretty well established the rankings. Dow beat Rohl in two of three races, both times decisively. Michelle's outstanding American record on the track certainly gave her strong consideration for number one, but couldn't overcome Joanne's beating her twice in major races.

### 1998 World 20 Km Rankings

1. Ilya Markov, Russia  
1:20:21 (1) Barcelona 5/10  
1:19:46 (2) Turku 5/24  
1:23:30 (1) Goodwill G. 7/21  
1:21:10 (1) Euro Champ. 8/18

1. Jefferson Perez, Ecuador  
1:22:53 (1) So. Am. Cup. 3/13  
1:26:34 (3) Toluca 3/29  
1:22:42 (1) Bergen 5/9  
1:19:40 (1) La Coruna 5/18  
1:19:19 (1) Naumburg 5/23  
1:29:19 (3) Goodwill G. 7/21

3. Aigars Fadejevs, Latvia  
1:19:49 (1) Rio Maior  
1:20:44 (3) Euro Cup 4/25  
1:20:54 (2) Barcelona 5/10  
1:21:25 (2) Euro Champ. 8/18  
1:19:55 (2) Hildesheim 9/13
4. Francisco Fernandez, Spain  
1:22:06 (1) Ourense 2/22  
1:22:10 (1) Span. Champ. 3/29  
1:20:31 (1) Euro Cup 4/25  
1:21:23 (3) Barcelona 5/10  
1:21:19 (5) La Coruna 5/16  
1:21:39 (3) Euro. Champ. 8/18

5. Robert Korzeniowski, Poland  
1:20:40 (2) Euro Cup 4/25  
1:19:46 (4) La Coruna 5/16  
1:19:36 (1) Turku 5/24  
1:24:52 (1) Pol. Champ. 6/26

6. Daniel Garcia, Mexico  
1:24:51 (1) Toluca 3/29  
1:20:32 (1) Wajima 4/12  
1:20:50 (1) Eisenhutzenstadt 5/9  
DQ La Coruna 5/16  
1:19:41 (2) Naumburg 5/23  
1:25:53 (2) Goodwill G. 7/21  
1:23:32 (1) Cent. Am. Champ. 8/15  
1:29:58 (1) Pan Am Cup 10/3

7. Nick A'Hern, Australia  
1:21:40 (1) Adelaide 1/26  
1:22:27 (1) Aust. Champ. 3/12  
1:21:12 (2) Eisenhutzenstadt 5/9  
1:24:59 (1) Common Games 9/17

8. Andreas Erm, Germany  
1:21:12 (4) Euro Cup 4/25  
1:22:59 (6) Eisenhutzenstadt 5/9  
1:20:57 (10) Naumburg 5/23  
1:21:53 (4) Euro. Champ 8/18



9. Julio Martinez, Guatemala  
1:25:13 (2) So. Amer. Cup 3/14  
1:31:54 (10) Toluca 3/29  
1:19:42 (2) La Coruna 5/16  
1:20:00 (7) Naumburg 5/23  
1:25:31 (3) Cent. Am. Champ. 8/15

10. Sandor Urbanik, Hungary  
1:23:27 (17) Euro Cup 4/25  
1:22:27 (4) Barcelona 5/10  
1:22:16 (2) Senigallia 5/30  
1:22:12 (5) Euro Champ. 8/18

Markov, seventh, second, and sixth in the rankings the last three years, finally rose to the top off his wins in the Goodwill Games and European Championships. . . Perez, the 1996 Olympic Champion and ranked number one that year, repeated his number two ranking of last year. He had three superlative races during a two-week trip to Europe in May, but faltered in the heat at the Goodwill Games. That decisive loss to Markov and the Russian's subsequent great European Championship race ended the Ecuadorian's bid for a second number one. . . Fadejevs, very consistent and with a third and second in the two big Euro races, was a close number three ahead of Euro Cup winner Fernandez. . . The 50 Km ace, Korzeniowski with his second in the Euro Cup and win over Markov in Turku rates the fifth spot over last year's number one, Garcia. The Mexican's disqualification in the La Coruna race cost him dearly. A good race there and he would certainly have challenged Perez, who he beat two times in four races, for second. . . A'Hern had a good race in Europe to back up his Commonwealth title and two impressive races back home. . . Erm sandwiched two mediocre races between impressive fourth places in the two Euro races. He never beat anyone ranked ahead of him, so we can put him no better than eighth. . . Martinez had two impressive European races and earns the ninth spot over Urbanik, who recovered from a poor Euro Cup race with his fifth place at the European Championships.

### 1998 U.S. 20 Km Rankings

1. Curt Clausen  
1:35:15 (18) Toluca 3/29  
1:25:59 (3) Bergen 5/9  
1:23:58 (11) LaCoruna 5/16  
1:35:42 (2) USATF Champ. 6/19  
1:37:56 (11) Goodwill G. 7/20  
1:37:11 (10) Pan Am Cup 10/3

2. Andrew Hermann  
1:38:12 (22) Toluca 3/29  
1:28:26 (6) Bergen 5/9  
1:26:52 (18) La Coruna 5/16  
DQ USATF Champ. 6/19

3. Tim Seaman  
DNF Bergen 5/9  
1:35:26 (29) La Coruna 5/16  
1:35:08 (1) USATF Champ. 6/19  
DQ Goodwill G. 7/20

4. Jonathan Matthews  
1:33:23 (1) Yellow Springs 5/10  
1:35:42 (3) USATF Champ. 6/19  
1:38:14 (7) Goodwill G. 7/20  
1:40:09 (13) KPan Am Cup 10/3

5. Gary Morgan  
1:37:20 (4) USATF Champ. 6/19  
1:36:49 (5) Goodwill G. 7/20  
1:51:18 (20) Pan Am Cup 10/3

6. Philip Dunn  
1:30:33 (8) Bergen 5/9  
1:43:53 (8) USATF Champ. 6/19

7. Al Heppner  
1:41:15 (29) Toluca 3/29  
DNF Bergen 5/9  
1:39:03 (5) USATF Champ. 6/19  
1:37:29 (11) Pan Am Cup 10/3

8. Mike Rohl  
1:37:06 (1) Nat. Invit. 3/28  
1:39:40 (6) USATF Champ. 6/19

9. Mark Green  
1:33:20 (1) Palo Alto 5/17  
1:40:03 (7) USATF Champ. 6/19
10. Steve Pecinovsky  
1:37:29 (2) Nat. Invit. 3/28  
1:38:39 (2) Palo Alto 5/17

U.S. walkers were hindered by extreme heat in all of their important races on this side of the Atlantic. . . Curt Clausen, although second in the National Championship race, had two very good European races and beat USATF winner Tim Seaman in every race except the national. . . As a matter of fact, we can rate Tim, who had a DQ and a DNF in two of his other three races, no better than third behind Andrew Hermann, who was also very impressive in Europe, although DQ'd himself in the National. . . The next two spots go to the old men, always tough in the nationals and in the heat, Jonathan Matthews and Gary Morgan who were third and fourth behind Seaman and Clausen in the nationals. . . Philip Dunn, only eighth in the Nationals, gets the next spot off his good race in Bergen, far ahead of what any of those behind him did during the year. . . The next three spots, Heppner, Rohl, and Green are ranked off USATF finishes, and Steve Pecinovsky, another old man, gets the final spot off two quality races that seem better than anything else we see during the year. Overall not a very impressive year, with only these ten under 1:40, a number that keeps dropping—29 in 1995, 24 in 1996, and 18 in 1997. Where have all the walkers gone?

### 1998 World 50 Km Rankings

1. Robert Korzeniowski, Poland  
3:43:51 (1) Euro Champ. 8/21

2. Miguel Rodriguez, Mexico  
3:47:46 (1) Poza Rica 4/5  
3:43:15 (1) Naumburg 5/23

3. Valentin Kononen, Finland  
3:48:50 (9) Euro Cup 4/25  
3:44:29 (2) Euro Champ. 8/21

4. Andrey Plotnikov, Russia  
3:41:14 (1) Russian Champ. 5/16  
3:45:53 (3) Euro Champ. 8/21

5. Tomasz Lipiec, Poland  
3:42:57 (1) Euro Cup 4/25  
3:49:03 (5) Naumburg 5/23  
3:48:05 (5) Euro Champ. 8/21

6. Jesus Garcia, Spain  
3:48:51 (2) Span. Champ. 2/22  
3:43:17 (2) Euro Cup 4/25  
DQ Euro Champ. 8/21

7. Mikel Rdrizola, Spain  
3:49:11 (2) Span. Champ. 2/322  
3:47:24 (4) Euro Champ. 8/21

8. Santiago Perez, Spain  
3:45:55 (1) Span. Champ. 2/22  
3:48:17 (6) Euro Champ. 8/21

9. Giovanni Perricelli, Italy  
3:44:17 (3) Euro Cup 4/25  
DNF Euro Champ. 8/21

10. Aleksey Voyevodin, Russia  
3:46:31 (4) Euro Cup 4/25

Korzeniowski, off his single race, earns the number one spot for the second time in three years. The 1996 Olympic champion was second behind Garcia last year. . . Rodriguez didn't have a major race, but he was impressive in the two races he did have and moves up from fourth last year. . . Kononen, only ninth in the Euro Cup early in the year, improved to an impressive second in the European Championship to take third. . . Plotnikov, with the year's fastest time and third in the Euro Championship is fourth, ahead of Lipiec, who won the Euro Cup, but dropped to fifth in the Championship race. . . Garcia's DQ in the Euro Championship drops him to sixth despite his impressive second in the Cup. . . The rest fall into place off what they did in one of the two big European races.



**1998 U.S. 50 Km Rankings**

- |   |  |
|---|--|
| 1. Curt Clausen<br>3:57:24 (2) USATF Champ. 2/8                                 | 6. Philip Dunn<br>4:25:30 (4) Pan Am Cup 10/4                                |
| 4:05:35 (3) USATF Champ. 2/8  | 7. Mark Green<br>4:24:52 (7) USATF Champ. 2/8<br>4:44:55 (7) Pan Am Cup 10/4 |
| 3. Andrew Hermann<br>4:08:00 (4) USATF 2/8                                      | 8. Theron Kissinger<br>4:37:55 (6) Pan Am Cup 10/4                           |
| 4. Al Heppner<br>4:18:01 (5) USATF Champ. 2/8<br>5:16:17 (20) Toluca 4/5        | 9. Yariv Pomeranz<br>4:40:32 (8) USATF Champ. 2/8                            |
| 5. Marco Evoniuk<br>4:20:13 (6) USATF Champ. 2/8<br>4:36:53 (5) Pan Am Cup 10/4 | 10. Douglas Johnson<br>5:06:01 (9) USATF Champ. 2/8                          |

Not much need to comment here; the rankings are fairly obvious. The picture isn't too rosy here either, but at least we can rank 10 athletes this year, unlike last year when only seven finished a 50. There is actually an 11th (Robert Reedy) this year.

**Some results**

**Indoor 3 Km, New York City, Dec. 26--1.** Dave McGovern 12:25 **Women:** 1. Margaret Ditchburn 13:40 or so 2. Samantha Cohen 14:28 **1 Hour, Alexandria, Va., Nov. 7--1.** Warrick Yeager (44) 12,768 meters (National age-group record) 2. Steve Pecinovsky (43) 11,693 3. Jim Carmine (55) 11,665 4. Dave Romansky (60) 11,123 5. Alan Price (51) 10,516 6. Tim Good (39) 10,448 7. Paul Cjaka (41) 10,263 8. George Fenigsohn (51) 10,246 9. Sherry Brosnahan (46) 9,720 10. Victor Litwinski (55) 8,598 (15 finishers) **Also 15 Km, same place and time--1.** Yeager 1:10:50.3 2. Carmine 1:18:02.6 3. Romansky 1:21:43 (all set age-group records) 4. Cjaka 1:30:37 **1 Hour, Conway, S.C., Nov. 7--1.** Keith Luoma 12,043 2. Eric Tonkyn 11,126 (1st junior) 3. Heinrich Looser (55-50) 9485 **5 Km, Miami, Nov. 1--1.** Rod Vargas (49) 28:10 2. Daniel Koch (55) 29:37 3. Ray Goodpasture (49) 29:50 **Women:** 1. Maria Ines De Andrade (42) 30:27 **20 Km, Cooper City, Fla., Nov. 14--1.** John Frederick 1:58:33 2. Juan Yanes 2:01:16 3. Rod Vargas 2:05:00 4. Daniel Koch 2:18:15 5. Bob Fine (65-69) 2:25:24 **10 Km, same place--1.** Donna Pape (46) 1:01:08 **5 Km, Brighton, Col., Nov. 21 (unjudged)--1.** Dan Pierce (42) 26:04 2. Daryl Meyers (56) 27:33 3. Lorie Rupoli (47) 27:59 4. Chuck Richter (44) 29:56 **4 Mile, Colorado, Nov. 21--1.** Scott Richards (48) 33:03 2. Sally Richards (46) 33:15 3. Daryl Meyers 36:19 4. Lorie Rupoli 36:48 5. Jim Twark (50) 37:29 6. Margaret Hennessey (45) 37:32 7. Bob Dicarlo (64) 38:40 8. Christopher Lesniak (54) 39:18 **5 Km, Denver, Nov. 28--1.** Daryl Meyers 28:45 2. Lorie Rupoli 29:48 3. Margaret Hennessey 30:34 **5 Km, Los Angeles, Nov. 1--1.** Victoria Herazo 24:13 2. Richard Lenhart (40) 26:15 3. Margaret Govea 27:19 4. David Thompson (44) 27:30 5. Carl Acosta (64) 28:49 6. Tim Staats (50) 29:17 7. Rob McMillon (53) 29:43 8. Francine Avellaneda 29:45 9. Jolene Steigerwalt (55) 30:25 (25 finishers) **5 Km, Los Angeles, Nov. 7--1.** Margaret Govea 28:07 2. Carl Acosta 29:22 3. Jesus Orendain (56) 30:16 **1 Hour, Santa Cruz, Cal., Nov. 15:** **Women--1.** Hansi Rigney 9,668 **Men:** 1. Bryan Winter 9,976 **2.8 Miles, Seattle, Nov. 14--1.** Stan Chraminski 24:00 2. Bob Novak 24:56 3. Bev LaVeck 26:56 **Ontario Championships, Dec. 5** **Women's 10 Km--1.** Martine Rainville 56:55 2. Anne-Marie Oswald 57:03 3. Larissa Dabeka 57:14 4. Isabelle Clermont

57:23 5. Mey Neville 57:56 **Men's 20 Km--1.** Gordon Mosher 1:35:39 2. Dan O'Brien (US) 1:44:26 3. Dave Lawrence (US) 1:53:25 4. Tom Jenkins 1:53:55 4. Bill Reed (US) 1:57:27 6. Stuart Summerhayes 1:58:34 **Women's 20 Km (Non-championship)--1.** Isabelle Clermont 1:55:52 2. Mey Neville 1:57:40 3. Anne-Marie Oswald 1:58:47 **NCCWAVA (Veterans) Championships, Barbados, West Indies:** **Men's 5 Km, Nov. 19:** 35-39--1. Eon Mitchell, Bar. 26:29 40-44--1. Anderson Bolden, Bar. 27:00 45-49--1. Clyde Ward, Bar. 29:14 50-55--1. Steve Feith, US 32:19 55-59--1. Doug Brown, US 36:13 60-64--1. Stuart Summerhayes, Can. 28:54 65-59--1. Clifford Elkins, US 35:33 70-74--1. Bob Mimm, US 31:39 2. Denis Withers, GB 31:44 75-59--1. Paul Geyer, US 37:48 85 and up--1. Harry Drazin, US 45:26 **Women's 5 Km, Nov. 19:** 40-44--1. Doris Osoria, Ven. 31:03 55-59--1. Annemarie Rosenitsch, Can. 33:34 60-64--1. Sara Urrutia, Puerto Rico 34:38 2. Beth Young-Grady, US 35:21 70-74--1. Joan Rowland, US 37:56 **Men's 10 Km, Nov. 21:** 65-59--1. Bob Fine 69:59 70-74--1. Bob Mimm 65:51 2. Denis Withers, GB 66:17 **Women's 10 Km, Nov. 21:** 60-64--1. Beth Young-Grady 73:10 70-74--1. Joan Rowland 76:27

**Asian Games, Bangkok, Thailand: Women's 10 Km, Dec. 14--1.** Hongyu Liu, China 43:57:28 2. Rie Mitsumori, Japan 44:30 3. Svetlana Tolsyaya, Kazakhstan 45:30 4. Yuan Yufang, Malaysia 45:34--Liu set an Asian Games record pulled away after three laps of the track race to record a decisive win. (she says: "My next goals are the world championship and Olympic titles.") **Men's 20 Km, Nov. 13--1.** Guohui Yu, China 1:20:25 2. Valeriy Borissov, Kaz. 1:23:52 3. Zewen Li, China 1:24:41 4. Yoshimi Hara, Japan 1:25:14--Also setting an Asian Games record. Yu said: "I could have walked another 20 Km. The conditions were perfect because of the coolness of early morning." **50 Km--1.** Yinhang, China 3:59:27 2. Sergey Korepanov, Kaz. 3:59:28 3. Fumio Imamura, Japan 4:07:00 4. Menghui Zou, China 4:16:08 5. Teoh-Boon Teoh, Malaysia 4:45:37 **Australian 50 Km, Melbourne, Dec. 13--1.** Dion Russell 3:47:34 (44:30, 1:28:23, 2:12:51, 2:58:21) 2. Shane Person 4:14:06 (48:36, 1:36:33, 2:24:37, 3:17:19) 3. Mike Harvey 4:18:34 4. M. Dwyer 4:25:52 **Australian Women's 20 Km World Cup Trial, Melbourne, Dec. 13--1.** Kerry Saxby-Junna 1:33.3 (46:53) 2. Simon Wolowiec 1:36:09.2 (47:30) 3. Wendy Muldoon 1:37:17 (47:30) 4. N. Saville 1:37:48 (48:30) 5. Jane Saville 1:37:53 (47:57) 6. L. Paoline 1:41:13 7. J. Mayvir 1:42:46 8. L. Coffee 1:42:52 9. T. Rosengrave 1:44:21 10. S. Schnyder 1:49:41 **Victorian Men's 20 Km, same place--1.** L. Murphy 1:30:44 2. D. Thorne 1:32:46 3. B. Malcolm 1:35:00 4. A. Jamieson (50-54) 1:37:24 **Australian Schools Championships, Dec. 11: Women's under 16 1500 meters--1.** Laura Johnson 6:41:63 2. Roxie Schmidt 6:46 3. Lisa McIlvenie 6:50 **Men's under 16 1500 meters--1.** Scott Hollaway 6:15:89 2. Kiel Roberts 6:23 3. Darren Breckon 6:31 **Women's under 5 Km--1.** Michell French 24:11.34 2. Brigid McGinniskin 25:52 3. Claire Woods 26:26

**Have a happy New Year at these racing sites**

- |              |  |
|--------------|--|
| Sun. Jan. 3  | 50 Km, Houston (also 5 and 20 Km) (Y)  |
| Fri. Jan. 8  | 1500 Meters, New York City (Call Jake at 516-579-WALK)   |
| Sat. Jan. 9  | 2.8 Miles, Seattle, 9 am (C)<br>Indoor 3 Km, Cedarville, Ohio (M)<br>Couples 4 Mile run-walk, Columbia, Missouri, 2 pm (T) |
| Sun. Jan. 10 | Disney Full and Half Marathons, Orlando, Fla. (Q)<br>Indoor 3 Km, Arlington, Virginia, 8 am (J)                            |
| Sat. Jan. 16 | 5 Km, Denver, 10 am (H)  |
| Sun. Jan. 17 | 10 Mile Handicap, 5 Km, Pasadena, Cal. (B)<br>N.J. Indoor 3 Km, Bethlehem, Pa., 10 am (A)                                  |
| Sat. Jan. 23 | 2 Mile, Miami, 7:30 am (Q)   |



Sun. Jan. 24	Indoor 3 Km, Arlington, Vir., 8 am (J) Indoor 3 Km, Cambridge, Mass. (N)
Sun. Jan. 31	5 Km, Miami, 8 am (Q) San Francisco Half-Marathon (P) 5 Km, Denver, 10 am (H)
Fri. Feb. 5	Portland, Ore. Indoor (1 Mile, 3Km?) (C) Millrose Games 1 Mile, New York City
Sat. Feb. 6	5 Km, Miami, 8 am (Q)
Sun. Feb. 7	Las Vegas 1/2 Marathon (P) Indoor 3 Km, Arlington, Vir., 8 am (J)
Sat. Feb. 13	2.8 Miles, Seattle, 9 am (C)
Sun. Feb. 14	N.J. Masters 1500 meters, Hackensack, N.J., 10 am (A) 5 Km, Miami, 7:30 am (Q) <b>USATF National 50Km (and Women's 20 Km), Sacramento (R)</b> 5 Km, Denver, 10 am (H) Masters Indoor 3 Km, Reno, Nev. (E)
Sun. Feb. 21	5 Km, Denver, 10 am (H)
Fri. Feb. 26	5 Km, Miami, 7 pm (Q)
Sun. Feb. 28	Indoor 1500 meters, Hackensack, N.J. (A) 5 and 10 Km, Washington, D.C. (J) 5 Km, Denver, 10 am (H)
Sat. March 6	1/2 Marathon, Chico, Cal. (E) Florida 5 Km, Palm Beach (Q)
Sun. March 7	5 Km, Miami, 7:15 am (Q)
Sat. March 13	2.8 Miles, Seattle, 9 am (C)

**Contacts:**

A--Elliott Denman, 28 N. Locust, West Long Branch, NY 07764  
 B--Elaine Ward, 1000 San Pasqual #35, Pasadena, CA 91106  
 C--Bev LaVeck, 6633 N.E. Windermere Road, Seattle, WA 98115  
 D--Walking Club of Georgia, 4920 Roswell Rd., Box 118, Atlanta, GA 30342  
 E--Sierra Race Walkers, P.O. Box 13203, Sacramento, CA 95813  
 F--Park Racewalkers, 320 East 83rd St., Box 18, New York, NY 10028  
 G--Justin Kuo, 30 Oakland Road, Brookline, MA 02146; 617-566-7600  
 H--Bob Carlson, 2261 Glencoe St., Denver, CO 80207  
 I--Dave Lawrence, 94 Harding Avenue, Kenmore, NY 14217 (716-875-6361)  
 J--Mil Wood, 5302 Easton Drive, Springfield, VA 22151  
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387  
 N--Steve Vaitones, USATF-NE, P.O. Box 1905, Brookline, MA 02146  
 O--Frank Soby, 3907 Bishop, Detroit, MI 48224  
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 95813  
 Q--Florida Athletic Club-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066  
 R--Ron Daniel, 1289 Balboa Court, Apt. 149, Sunnyvale, CA 94086  
 S--Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614  
 T--Columbia, TC P.O. Box 1872, Columbia, MO 65205  
 V--Pat Walker, 3537 S. State Rd. 135, Greenwood, IN 46143  
 W--New Mexico Racewalker, P.O. Box 6301, Albuquerque, NM 87197  
 X--John W. Snaden, 926 Sherwood, Drive, Florence, SC 29501 (843-665-4396)  
 Y--Dave Gwyn, 6502 S. Briar Bayou, Houston, TX 77072  
 Z--Max Green, 13660 Mortenvue, Taylor, MI 48180

**1999 Schedule of National Championship Races**

Feb. 14	50 Km (Men), Sacramento, California (World Cup Trials)
May 23	15 Km (Men, Junior Men, Women, and Masters), Elk Grove, Illinois
June 26	20 Km (Men and Women), Eugene, Oregon
Aug. 1	10 Km (Men and Women), Wilkes Barre, Penn.
Sept. 19	40 Km (Men and Masters), Ft. Monmouth, N.J.
Sept. 25	5 Km (Men, Women, and Masters), Kingsport, Tenn.
Oct. 3	1 and 2 Hour (Men, Women, Masters, Junior Men), Worcester, Mass.
Nov. 13	10 Km (Masters Men), Ft. Lauderdale, Fla.

**Also note:**

May 1-2	World Cup (Men and Women), Mezzidon, France
July 26	Pan Am Games Men's 20 Km, Canada
July 29	Pan Am Games Men's 50 Km (Date for women's 20 not yet set)
Aug. 21	World Championships Men's 20 Km, Seville, Spain (6:45 pm)
Aug. 25	World Championships Men's 50 Km, Seville (7:45 am)
Aug. 27	World Championships Women's 20 Km, Seville (6:50 pm)
Sept. 22, 2000	Olympic Men's 20 Km, Sydney, Australia
Sept. 28, 2000	Olympic Women's 20 Km, Sydney
Sept. 29, 2000	Olympic Men's 50 Km, Sydney

**From Heel to Toe**

**From the USATF Convention, Racewalk Committee: Rewards.** Outstanding masters walkers are Lyn Brubaker, Landisville, Penn. and Dave Romansky, Pennsville, NJ. Lyn (41, won the 5 and 20 Km races at the USATF Masters Meet and set new American records at 5, 10, and 20 Km. Dave, at 60, won Masters titles at 5 (both road and track), 10, 20, 30 Km, and 1 Hour and set American records at all these distances, plus 25 Km. Max Green and Bob Mimm were both elected to the USATF Masters Hall of Fame (all T&F events). Age group Masters awards went to: 35-39--Victoria Herazo and Keith Luoma; 40-44--Lyn Brubaker and Jonathan Matthews; 45-49--Tish Roberts and Brian Savilonis; 50-54--Jackie Reitz and Jim Carmines; 55-59--JoAnn Nedelco and Don DeNoon; 60-64--Sami Bailey and Dave Romansky; 65-69--Shirley Dockstader and Max Green; 70-74--Miriam Gordon and Bob Mimm; 75-79--Jane Dana and Tim Dyas; 80-84--Bill Tallmadge; and 85-89--Dorothy Roberts. **National 50 Km.** The National 50 Km in Sacramento on Feb. 14 has a 6 hour standard/limit. There will be concurrent 20 and 5 Km races (men and women). Further information from Ron Daniel, 1289 Balboa Court, #149, Sunnyvale, CA 94086: 650-964-3580. **Qualifying Standards.** Entry in the National 20 Km races requires a time of 1:34:00 for men and 1:51:00 for women between May 1, 1988 and June 20, 1999. The women's 10 Km qualifying time is 51:00. Junior qualifying standards for men are 15:00 at 3 Km, 25:28; at 5, and 55:15 at 10; for women 16:00 for 3 Km and 28:30 for 5. Standards for making the 2000 Olympic Trials are: Women's 20 Km--1:48; Men's 20 Km--1:32; and Men's 50 Km--4:45. For this year's World Championships in Seville, Spain, entry standards for the men's 20 Km are: A--1:23:00 (this is for more than one entry from a country) B--1:26:00 (for a single entry), i.e., if the U.S. wants more than one entry, they must all have a 1:23:00 or better and for any entry we must have someone at 1:26:00 or better. 50 Km--A--4:00 B--4:10. There is no entry standard for the women's 20 Km since it is a new event. For the U.S. World Cup Team (Mezzidon, France in May) qualification standards are 1:47:00 for the women and 1:30:00 and 4:30:00 for the men. These times must be met at the trials race and the chairman may use his discretion to fill the team in the



event that the top finishers do not meet the standard. This could be through a later race. Not having to do with standards, but we note that Gary Westerfield is the U.S. judge on the panel for the World Cup in Mezőtúr, Hungary in May. **Youth Roadwalk Championships.** This event is scheduled for Yellow Springs on July 24. The program will include clinics for athletes. Contact Vince Peters at 607 Omar Circle, Yellow Springs, OH 45387, [peters@ball.com](mailto:peters@ball.com). **Rule changes.** Nothing real significant, but here is what was passed that affects racewalking: 1. Amend Rule 10.2(a) to change the 10,000 meter walk, under women's events (in the Outdoor T&F Championships), to 20,000 meters. 2. Add to Rule 39.1(h): All judges Tally Sheets are turned in to the Recorder at the end of the race. A copy of the completed Judge's Summary Sheet shall be posted as soon after the event as possible. The original of this sheet shall be delivered to the Scorer and made part of the official event records. 3. Amend Rule 39.2(b) and (c) to exclude the term "disk". Paddles are used and disks are obsolete. Amend Rule 39.3(f) by changing "...a warning board should be used to keep competitors informed..." to "...a warning posting board shall be used to keep competitors informed..." 4. Add Rule 150.3(e): The use by athletes of video or cassette recorders or players, TVs, CD or CD-ROM players, radio transmitters or receivers, mobile phones, computers, or similar devices in the competition area shall not be permitted. 5. Replace Rule 150.5(a) "In championships, the circuit for the 10 kilometer and longer racewalks shall be a maximum of 2500 meters. The circuit for racewalks under 10 kilometers shall be a maximum of 1250 meters." Previously the rule recommended, but did not require that racewalk loops be of a specified distance. 6. Change the last sentence of Rule 186.2 to: "The maximum circuit length shall be the same as those applicable to championships." This rule says records can be set only on courses that follow Rule 150.5(a). 7. Append the following to Rule 261.1(c): "For the racewalk, the 1500 meters may be substituted for the 3000 meters in Association championships." This rule applies to an association's Indoor Master's Championships. **McGovern World Class Racewalk clinics.** Dave McGovern will be presenting the following clinics in the first half of 1999: Jan. 23-24--Ponce Inlet, Fla., contact Barbara Davis 904-788-0401; [DBTCBarb@aol.com](mailto:DBTCBarb@aol.com); Feb. 19-21--Plantation, Fla., contact Donna Pape 954-791-7076; [dipape@gate.net](mailto:dipape@gate.net); March 26-28--Phoenix/Scottsdale, Ariz., contact Christy Smith 602-502-8408; April 9-11--St. Louis, Mo., contact Ginger Mulanax, 314-298-0916; and May 21-23--Chicago, contact Nancy Goldman 773-348-3891. The fee for all clinics is \$95, which included individual video-taped technique analysis, group technique and training instruction, use of Polar Heart Rate Monitors, all pertinent handouts, and Friday evening past dinner in most cities. **And a few words from Dave himself.** Beginning racewalkers invariably experience some severe shin pains in the course of their first walks. I have always told them that, yes, your shins will probably start to hurt after you have gone a half-mile or so, but if you bear with the pain it will probably go away after about 2 miles and there will be no residual soreness the next day. And you will probably have to go through this for anywhere from a week to a couple of months before you can walk without this initial torture. Not a very learned comment, but, I think, pretty valid. But Dave, who has studied the physiology of all this racewalking stuff has given a much more complete and technically correct answer to this problem in answer to a question from a beginning walker. He said: "Sore shins, the bane of all beginning racewalkers, usually go away after 2 to 6 weeks of learning to racewalk. The anterior tibialis is rarely used for anything but racewalking, so it is usually pretty weak in most people. After a while they become stronger and most people are fine. Most people. Some people (5 to 10 percent of walkers?) never get over it. The anterior tib is encased in a tendinous sheath of fascia. In most people, there is plenty of room in the sheath for the tibialis muscles to expand, but this isn't always the case. If you're one of the unlucky ones born without a lot of "wiggly room" in the fascia, the muscles will become constricted as they expand (with blood) when walking. As more blood becomes trapped and the swollen anterior tibialis becomes constricted, pain results.

(Think of an overstuffed sausage.) The ultimate solution is surgery, in which the fascia is sliced open to relieve the pressure. Results are usually quite good, but not everybody likes the idea of going under the knife. The 45-minute warmup is a common phenomenon. I imagine that the starting and stopping temporarily expands the fascia. Tendons are not incredibly flexible, but there's probably enough "give" in them to allow for some expansion, and eventually relief of the burning in the shins. The expansion may last for several hours--allowing you to get by without a warmup for your afternoon workout--but the tibs return to normal by the following morning. You might want to think about just doing an easy workout in the morning (even 20 minutes), then going for your "real" workout in the pm, if your schedule permits this." (Ed. To add a personal note. I went through this "shin" thing pretty quickly when I started walking in 1958 and experienced it for two or three days a couple of other times in the next two or three years when I had not walked for several days. Then, six years later, at precisely the wrong time, I was hit with a similar but more serious condition. The Olympic team was assembled in Pomona for about 4 weeks before departing for Tokyo. A week or 10 days into that period, I suddenly had an extremely sore shin. But, I couldn't walk through it and it was a pain that stayed with me bothering me even in normal walking and getting sorer by the day. After various heat, cold, and whirlpool treatments, the good Doctor Dooley finally diagnosed it as a "hematoma of the anterior chamber of the tibialis" and prescribed shots of xylocain and decadrin (spelling?). It's not as bad as surgery, but seeing a long needle being stuck in your shin, where there is no meat, is not pleasant. A couple of these treatments relieved the condition, but then it occurred in the other shin after we got to Tokyo. At that time, we knew what to do and took immediate action. Everything was okay by race day four to five weeks after the first episode and I actually missed only two or three days of training. But, it limited some of the other training days and caused some painful training and considerable anxiety. However, I don't really know that it had any effect on my race. I was certainly fit enough and it may have kept me from doing too much. The condition has never returned. End of story.). **Speaking of injuries, a plea from Ireland.** "Hello to walkers world wide. I'm hoping to get some help from all racewalkers worldwide. I am a 21-year-old student here in Ireland and I'm currently carrying out a study on racewalking injuries. I would love to hear from walkers who may be interested in taking part in my study. If you send me your e-mail address, I will mail you a questionnaire. If you are interest in taking part, please e-mail me as soon as possible." Actually, she was hoping to hear from people before the first of the year, but you still might want to contact Rosaleigh Comerford at [rosaleighc@hotmail.com](mailto:rosaleighc@hotmail.com). **100 Km splits surface.** I noted last month in the story on the Blackburn 100 Km race in Yellow Springs that I had carefully recorded splits during the race, but couldn't locate them. Well, they appeared stuffed down alongside some other 'stuff'. Bob Keating was 2:46:32 at 25 Km, 5:34:56 at 50, and 8:45:53 at 75, finishing in 12:15:16. Chris Knotts had 2:48:24 at 25 and 5:51:05 at 50. I missed him at 75, but he was 9:49:30 at 80. Chris was gaining at the finish, covering his final two 10 kilometers in 81:02 and 84:16 to 81:46 and 88:27 for Keating. But, Keating was in no trouble with a winning margin of 19:32. And, Alan Price was even quicker, gaining 1:46 on Knotts over the last 20. **More on that race.** When I asked seventh-place finisher Chuck Newell (who had never gone over 50 Km before and that more than 30 years ago just before his near 30-year layoff) if he had managed to deliver his sermon the next morning (see Nov. issue), he replied: "Yes, preached in morning and in evening services. Had son as backup if needed, but I prevailed. It was 18 days before I tried walking. Just doing every other day now (a month later). Never was so tired or sore. Have lost one big toe nail, might lose couple more. As bad as I felt, I still had a great feeling of accomplishment at finishing." **Pan Am Cup scoring.** IAAF racewalking chairman Bob Bowman sends along the following note: "Correction. Unfortunately, the team scores in the Pan Am Racewalking Cup were incorrectly calculated. The only event that is significantly affected is the Junior Women's 5 Km in which it was incorrectly calculated to be a tie at 11 points for Canada



and the USA. The correct score is Canada 10 points to USA 11 points. Therefore, Canada wins this event. They should have been declared the winner anyway with the usual tie-breaker being the higher place finisher. Under the lowest aggregate scoring system, which is now used for all Cup competitions (i.e., World Cup, etc.), only teams with three finishers count in the scoring, and only three finishers can be counted. Fourth and fifth place finishers and finishers from incomplete teams never count in the team scoring. It is therefore mathematically impossible to have a tie with only two teams scoring--21 points cannot be divided equally. (Ed. Well, suppose there is a dead heat for some position.) The correct scores for the other events are: Women's 20 Km--USA 8, Mexico 13, Canada 24; Men's 20--Mexico 6, USA 18, Canada 23, Brazil 31; Men's 50--Mexico 5, USA 15; Jr. Men's 10--USA 6." **Address change.** The new address of Viisha Sedlak's American Racewalk Association is PO Box 20491, Boulder, CO 80301, Phone 303-938-9531.

### Official World Records (As of Nov. 1, 1988)

#### Men

20 Km	1:17:25.6	Bernardo Segura, Mexico	Bergen, 5/7/94
2 hours	29,572 meters	Maruzio Damilano, Italy	Cuneo, 10/3/92
30 Km	2:1:44.1	Maurizio Damilano, Italy	Cuneo, 10/3/92
50 Km	3:40:57.9	Thierry Toutain, France	Hericourt, 9/29/96

#### Women

5 Km	20:13.26	Kerry Saxby-Junna, Australia	Hobart, 2/25/96
10 Km	41:56.23	Nadezhda Ryashkina, USSR	Seattle, 6/24/90

\* \* \* \*

### An outsider's view

(Here is how one person from the outside views our sport. Well, there is always PR work to be done. This column by Anthony Schiave Sr., entitled "Hard Times, Easy Rules", appeared in the Aug. 15, 1998 edition of *The Philadelphia Inquirer*. Note that the views expressed are not generally those of the *Ohio Racewalker*.)

At the Pennsylvania Senior Games in July, I learned how to walk. I entered the 1500 meter competitive walk, foolishly thinking I knew how to walk. I couldn't describe walking well, but I was sure I knew it when I saw it.

During the warmup, one young man (under 60) stood out in his speed and manner of walking. Call him The Master. He had a mincing style that consisted of short, rapid steps and a, shall we say, distinctive gait.

When the race started, many racers took off without me. The Master took off without anyone else. There were other mincers, but none could match him. I did my best, but finished only 13th. The Master made minced meat out of us all and won by about a furlong. I suspect he would have won walking on his hands.

Actually, I finished fourth in my age group (Antediluvian). And because I was walking and some of those who beat me were mincing, I felt pretty good.

Later, however, I discovered that the Master was an instructor in "racewalking", and I found a diagram with instructions on how to racewalk. There were 10 rules and five diagrams. In each diagram, one leg was always straight.

At home, looking at one picture of me in action, I found both knees had been bent. Incredibly, what I had thought was walking was not racewalking! How had this happened? No doubt with good intentions--the desire to make such races absolutely fair. If walking wasn't defined, people would run. To prevent cheating, a rigid, detailed description of racewalking was necessary. But athletes are like lawyers: They can find loopholes in any complex set of rules. Mincing is one such loophole; it fits the rules and diagrams for walking, and it's fast, but it's not walking anyone does normally, even when in a hurry. (Ed. Which, of course, is where he is wrong.) Worse, what people do--at least what I do when in a hurry--is not legal racewalking.

That's how to create a monster: Take any complex human activity and try to enforce fairness by regulating every aspect of its operation. If the result can look like the opposite of the intent in racewalking, where the rules apply equally to all, imagine when rules are different for different competitors.

Take tax law. Continual tinkering to make the tax law fair, down to detailed individual circumstances, has resulted in that Frankenstein's monster of unfairness: the tax code. Affirmative action: To rectify past wrongs in hiring and college admissions, we have created this monster, which is unfair to some, to be someone's idea of fairness to others.

Sexual harassment? A term coined to provide fair treatment for working women, it has been defined to death--but still, no one knows for sure what it is. You find out in court.

How about the Americans with Disabilities Act? This piece of ill-constructed legislation has produced some bizarre and worrisome decisions. But soon, everyone will be classified as disabled, and we can return to equality--if not sanity.

And hate crimes: We now class different kinds of assault based on the victim and the motive. The government has told me, a white, straight male, that hating me cannot be classed as a crime. To the criminal who hates all whites, I am a better bargain for murder than a gay. This is considered fair.

The result: more work for lawyers, contradictory case law, court overload and social division. In defining rules that try to treat people fairly by group, we have more loopholes and more rules that no one understands--and that makes everyone angry.

What do we do about it? Keep it simple and sensible, so everyone instinctively knows the rules, then apply judgment.

In the walking race, assume everyone knows how to walk. Then yank out anyone who's doing something else. Sure such judgment could result in unfairness, but we have a lot of that now, and it doesn't look like walking out there.

As for the other stuff, one simple rule does most the work. Nobody's special. Adopt the flat tax or some other simple rule tax. End affirmative action. Finance equal education and let go. Minimize sexual-harassment rules to a few obvious cases. Rewrite the Americans with Disabilities Act to satisfy the Constitution, not political expediency and radical claims of rights. Dump hate-crime laws. I never thought Shylock was that bad a guy. He had it right: "If you cut me, Do I not bleed?"

One race and one way of walking for everyone. May the best walker win.

### Looking Back

**30 Years Ago** (From the December 1968 ORW)--Chuck Newell, unheard of in 6 months, came striding out of limbo to win the annual New Year's Eve handicap race, held this time of a road loop at Worthington, Ohio H.S. over 6 miles 536 yards--it was easier to go 4 full laps than to worry about a different finish line, particularly in the dark. Given an 8-minute start from scratch on the cold (8 F), windy (wind chill well below zero) night, Newell easily held off stalwarts Jack



Blackburn and Jack Mortland as he recorded a 55:30. Blackburn took fast time honors by 5 seconds in 49:30, escaping Mortland down the final hill. (Now after nearly 30 years, Newell has strolled out of limbo once again, as witness last month's report on the 100 km race in Yellow Springs.) . . . Gerry Willwerth won the National Junior 35 Km title in Columbia, Missouri in 3:36:14. (For the non-old-timers among you, junior in those days still designated on who had never won a National title--junior or senior--not a young person. Don't ask me why they didn't use the term "novice", but there were no age groups--at either end of the age spectrum--in those days of long ago.

**25 Years Ago** (From the December 1973 ORW)--In a late season dual with Canada held in Colorado, the U.S. took 1-2 in the 20 and 2-3-4 in the 50 to win the meet. Carl Swift prevailed at 20 in 1:42:23 with Jim Bean second and Roman Olszewski (Can.) third. Ron Kulik and John Kelly filled out the U.S. side in fourth and seventh. Canadian Pat Farrelly captured the 50 in 4:50:45, followed by Dan O'Connor, just over a minute back, Augie Hirt and Bob Bowman. . . In results from hither, thither, and yon, we reported that Freddy Flyer won a 10 Km in Hither, Outer Mongolia in 38:24, Chief Bent Knee a 10 yard affair in Thither, Pago Pago with 11.2, and Slip Slider the 3 Km in Yon, Greenland in 11:57. . . Ron Laird and Todd Scully led the U.S. 20 Km list for 1973, Laird with 1:30:27 and three other times under 1:32:30, and Scully with 1:32:23. Jerry Brown, Bill Ranney, and John Knifton were also under 1:36. In the 50, John Knifton was tops with a 4:16:48 and Bill Weigle next with 4:22:27. Floyd Godwin and Bob Kitehn were also under 4:30.

**20 Years Ago** (From the December 1978 ORW)--In the National 25 Km, held in San Antonio in conjunction, with the National Convention, Neal Pyke blitzed a 1:51:02, leaving Canada's Marcel Jobin better than 5 minutes back. Jim Heiring also broke 2 hours and Tom Dooley just missed. Marco Evoniuk and Bob Henderson rounded out the top six. . . In San Francisco, Henderson went 30 yards beyond 8 miles in a 1 hour race. . . We sadly reported the murder of Olympian Jim Hewson (1956 20 Km), who was killed while tending a lift bridge in Buffalo. Elliott Denman, a Melbourne teammate of Jim, had written a very poignant column for the *Asbury Park Press*, which we repeated. . . We also included a couple of articles on training by British National Events Coach Julian Hopkins. The articles had originally appeared in Britain's *Race Walking Record*.

**15 Years Ago** (From the December 1983 ORW)--In our 13th Annual World Rankings, Josef Pribilinec, Czechoslovakia; Ernesto Canto, Mexico; and Anatoliy Solomin, USSR took the top three spots at 20 Km. The 50 saw Ron Weigel, GDR; Jose Marin, Spain; and Raul Gonzales, Mexico on top. Canada's Guillaume Leblanc was 10th in the 20. Women were ranked for the sixth time with Olga Yarutkina, USSR; Siv Gustavsson, Sweden; and Sue Cook, Australia leading at 5 Km and Youg Ju Xu, China; Natalia Sharipova, USSR; and Cook at 10. Top three in the U.S. rankings were: 20 Km--Jim Heiring, Marco Evoniuk, and Dan O'Connor; 50 Km--Evoniuk, Heiring, O'Connor; 5-Km--Maryanne Torrellas, Susan Liers-Westerfield, and Sam Miller; and 10 Km--Torrellas, Miller, and Teresa Vaill.

**10 Years Ago** (From the December 1988 ORW)--Czech Josef Pribilinec, the Olympic winner, led the ORW World 20 Km rankings again, followed by Ronald Weigel (GDR) and Maurizio Damilano (Italy). Leading the women's 10 Km rankings was Svetlana Karbukina of the USSR. Her countrywomen Yelena Nikolayeva and Natalia Spiridonova were second and third. In the 50, the top three were Vyatcheslav Ivanenko, USSR; Weigel; and Hartwig Gauder, GDR. . . In the U.S. rankings, Gary Morgan, Tim Lewis, and Jim Heiring led the way at 20; Carl Schueler, Marco Evoniuk, and Andy Kaestner at 50; and Debbi Lawrence, Maryanne Torrellas, and Teresa Vaill at 10. . . Mexico won the Pan-Am Cup for men and Canada the women's version. The November races were held in Argentina. In the women's race, Canada's Ann Peel won in 46:23. She was supported by Janice McCaffrey (46:45) and Alison Baker (47:17 in fourth and fifth. Mexico's Graciela Mendoza beat Debbi Lawrence for second. Carlos Mercenario (1:24:00) and Martin Bermudez (4:03:20) were easy winners in the men's races in leading Mexico to the Cup.

Mercenario was followed by Ernesto Canto (Mex.), Guillaume Leblanc (Can.), and Tim Lewis, US). The Mexicans swept the 50 with Arturo Bravo and Victor Sanchez in second and third. Paul Wick was the first U.S. finisher in fifth (4:21:36).

**5 Years Ago** (From the December 1993 ORW)--Jonathan Matthews bettered the American record for 1 Hour covering 14,058 meters on the Foothills College track in California. He bettered Allen James old record by 42 meters. He passed the 10 km mark in 42:54. . . China's Li Mingcai did 50 Km in 3:49:17 in Beijing in September.

I think this photo was taken at the World Military Games in 1963. Anyone, Ron Zinn of the U.S. (sixth in the 1964 Olympics) is walking with an Indian athlete. As you might guess from the caption, it appeared in an issue of Mad magazine, sometime in 1964, I believe. This was about as good of publicity as we could hope for in those days. But, has anything changed?)

