

## Four Emerge With National Gold in September

(With lots of input from Al Heppner) National races at 40 Km and 5 Km highlighted the month of September, with two men and two women capturing gold. At the 40 Km in Ocean Township, New Jersey on the first day of the month, Tim Seaman, who had already won nationals at 20 and 30 this year, outlasted Philip Dunn for an impressive win in 3:06:17. Susan Armenta, winner of the women's National 50 the past two years, once again proved her dominance in the longer races, with a 3:32:08, beating all but four of the men on hand. Her time was easily an American best, to go along with her American best 50. Three weeks later, the venue shifted to Kingsport, Tennessee for the National 5. Here Marcia Gutsche and Al Heppner prevailed.

Seaman, known primarily for his prowess at 5 and 20 Km, continued his strong foray into the longer distances. He was third in the 50 earlier this year and overcame his two conquerors in that race in winning the 40. In doing so, he shattered Carl Schueler's meet record of 3:13:57 set in 1984, one of Carl's four Olympic years. Dunn, the defending champion, was also well under the old mark with his 3:08:34, as was Curt Clausen in third (3:12:23). Dunn's second place finish marked the 18th straight year the defender has failed to win this race.

All of the outstanding times came despite heavy rain and gusting wind. In the men's race, Al Heppner took the early lead, covering the first 10 km in 47:29. However, that was short lived, as the medaling trio swept past at 13 Km and went through 20 together in 1:35:01. As the weather deteriorated further, Seaman and Dunn got faster and Clausen began to fall off the pace. Dunn led briefly at 24 km, after Seaman made a quick bathroom stop, but Seaman was back in front by 27 Km and started to pull away at the 28 Km mark.

"Going into the race, I wasn't concerned with my place. I just wanted to negative split", said Seaman. That he did as he sped through 30 in 2:20:10, following a 23:09 5 km split. "I tried to go with Tim. My heart rate was still really low, but I tightened up," said Dunn. Seaman did his fastest 5 km from 30 to 35 (22:06), stretching his lead to 2:06 by 35. Although slowing over the final 5, he was able to extend that lead slightly by the finish. He covered the second 20 in just 1:31:16. "My knee was a little sore, but I finished 35 Km last week, and used that for inspiration," he said.

Seaman has five straight indoor 5 Km titles and has won three of the last five National 20s, but this was his first significant win at a distance over 20. (His 30 Km win earlier this year was over a weak field and he hobbled in with his ailing knee.)

The women's race was no contest, once it became apparent who the leader was. Armenta declared for the accompanying 20 Km race, so it appeared that Erin Taylor was the 40 Km leader for the first half of the race. However, Armenta was not happy with her 20 Km time of 1:42:40, so she kept going. "My 20 Km wasn't as good as I thought it would be. I was hoping to walk under 1:40," Armenta said. Race Director Elliott Denman had told Armenta prior to the race to do the final 20 as a cool down so she could collect the \$300 first prize. Armenta declined. But, she ended up doing that and more, as she set a new U.S. 40 Km best. She beat the old mark of 3:40:28 by Cheryl Rellinger in 1998 by more than 8 minutes. Taylor was slightly more than 40 minutes behind in 4:12:23. Rellinger was also in the race, passing Loretta Schuellein on the final 2 km lap to finish fourth. "Just before 20 Km, I slowed to 5:15 per km. I thought I could hold it for



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10 or 15 Km more. I figured if I could do that, then I could get in a decent 40 Km," explained the 28-year-old Armenta. She did and set a 30 Km personal best along the way.

Perhaps the most inspiring story, however, was third place finisher Sherry Brosnahan. While nearly one-quarter of the field called it a day before finishing the distance, Brosnahan one-upped Armenta by continuing on to 50 Km, hoping for a new master's record. She was the Energizer Bunny. Down came the rain, Down swooped the wind. But Brosnahan just kept banging the drum. And down came the World Master's best as she walked 5:21:52, after taking third place at 40.

And we have to mention Ohio veteran Chirs Knotts, who doesn't race often, but always does well at this race despite his limited training. Now 46, he finished seventh in 3:56:21, beating youngsters like Rod Craig, Erik Litt, and Dan O'Brien.

At Kingsport, Butsche won in 25:52 and Heppner in 21:51. In the women's race, 16-year-old Erika Adams, Gutsche, defending champion Victoria Herazo, and Teresa Aragon were together in 5:06 at the kilometer mark. But by 2 Km, Gutsche was in command as she went through in 10:20, 8 seconds ahead of Aragon and another two ahead of Adams and Herazo.

Holding her pace (15:30), Gutsche built her lead to 25 seconds over Aragon by 3 km. Herazo was just another 3 seconds back, having left Adams behind. Things stayed the same until the final straightaway. There, Herazo, involved in veterinary studies, short on sleep, and not quite up to par, managed to nose out Aragon at the finish. Adams, a member of the National Junior Team, was a strong fourth. The race was the first Senior National title for the 41-year-old Gutsche, who has been walking for just 5 years. She won the Masters National at 10 Km last month.

Heppner controlled the men's race from the gun. He covered the first kilometer in 4:14, with Ian Whatley seven seconds back and Keith Luoma and Rod Craig right on his tail. Heppner continued to pull away, with splits of 4:16, 4:26, 4:29, and 4:24. He won his fourth National title, the other three being at 15 Km, but his first since 1999.

Whatley got away from Craig and Luoma after the first kilometer and finished well clear of them in 22:36. But the most impressive walker of the day was 65-year-old Paul Johnson who bettered the championship 65-69 age group record by more than a minute with his 26:51 effort.

Results of the two races:

**National 40 Km, Ocean Township, N.J., Sept. 1: Men--1.** Tim Seaman, NYAC 3:06:17 2. Philip Dunn, New Balance 3:08:34 3. Curt Clausen, NYAC 3:12:23 4. Al Heppner, US Army 3:27:48 5. John Soucheck, Shore AC 3:47:01 6. Bill Vayo, Eastside Walkers 3:51:50 7. Chris Knotts (46), Miami Valley TC 3:56:21 8. Rod Craig (44), Pegasus AC 3:56:32 9. Erik Litt, Shore AC 4:15:03 10. Dan O'Brien, Pegasus 4:15:42 11. Leon Jasionowski (57), Pegasus 4:17:22 12. Chris Rael (44), Shore AC 4:20:22 13. Bob Keating (55), New England Walkers 4:26:27 14. Ed Fitch (41), Miami Valley 4:26:45 15. Alexis Davidson (46), Eastside 4:27:02 16. Tom Quattrocchi (51) Shore AC 4:35:20 17. Bruce Cooper (49), Kansas 4:47:28 18. Lon Wilson (55), Eastside 4:50:09 19. Jack Starr (74), Phast 4:57:11 20. Jack Blackburn, Miami Valley 5:16:48 21. Art Glass (53), Shore AC 5:19:14 22. Mike Michel, Lynn, NC 5:20:14 23. John Molendyk (60), Shore AC 5:20:44 24. Tom Hartman (60), Shore AC 5:21:00 25. Ed Gawinski, Phast

5:22:17 26. Bill Norton (52), Shore AC 5:25:17 27. Eliot Collins (50), Shore AC 6:04:53 (2 DQs, 5 DNF) **Women:** 1. Susan Armenta, New Balance 3:32:08 2. Erin Taylor, Park Walkers 4:12:23 3. Sherry Brosnahan (50), Shore AC 4:15:18 4. Cheryl Rellinger, Troy, N.Y. 4:19:26 5. Loretta Schuelein, Eastside 4:20:28 6. Anner GOnella (41), Shore AC 5:41:17 7. Eileen Druckenmiller, un. 5:22:16 8. Sandy Rubel (55), Shore AC 5:28:32 **National 5 Km, Kingsport, Sept. 21: Men--1.** Al Heppner, 21:51 2. Ian Whatley 22:36 3. Keith Luoma 22:39 4. Rod Craig 24:04 5. Drew Swonder 25:15 6. Leon Jasionowski 25:35 7. Bill Reed 26:44 8. Paul Johnson 26:51 9. Max Walker 26:51 10. Jack Bray 27:54 **Women--1.** Marcia Gutsche 25:53 2. Victoria Herazo 26:47 3. Teresa Aragon 26:39 4. Erica Adams 27:51 5. Debbie Topham 28:50 6. Yoko Eichel 29:02 7. Oynette Heinlein 30:09 8. Terri Marshall 30:17 9. Judy Witt 30:31 10. Jolene Steigerwalt 31:13 (Don't have full results yet, hope to publish them next month.)

## Other Results

**Eastern Regional Sprint Championships, Hauppauge, N.Y., Aug. 25** (3 km, 2 km, and 1 Km with winner based on total points scored in the three races)--1. Nadya Dimityrov (age 52) 20:37.4, 13:19.4, 6:12.3 2. Nancy LaFleur (45) 22:29, 14:44, 6:59 (8 competitors) **Men--1.** Joe Trapani (16) 15:51.1, 10:11.1, 4:48.1 2. Jim McGrath (65) 17:54.2, 12:05.2, 5:32.2 3. John Shilling (66) 20:07.3, 13:13.3, 6:42.4 (6 competitors) **3 Km, Alexandria, Vir., July 21--1.** Virginia Inglese (41) 17:02.5 **Men--1.** Victor Litwinski (58) 18:25.4 **3 Km, Alexandria, Aug. 4--1.** Bruce Booth (54) 16:29.9 **5 Km, Kissimmee, Fla., Aug. 17--1.** Edgardo Rodriguez 28:46 2. John Fredericks (50+) 29:30 3. Ted Sager (60+) 31:45 **5 Km, Orlando, Fla., Aug. 25--1.** Marcel Raphael (16) 30:05 2. Ray Jenkins 31:40 3. Ted Sager 31:58 4. Steve Christlieb (50+) 32:30 **Women--1.** Lisa Sonntag 28:12 2. Sandy DeNoon (40+) 32:23 3. Edna Ramsey (40+) 32:47 **5 Km, Orlando, Aug. 31--1.** Steve Renard 27:12 2. Ted Sager 32:02 3. Ray Jenkins 32:33 (8 finishers) **Women--1.** Sandy DeNoon 32:52 (10 finishers) **Weinacker Cup, Marysville, Mich., Sept. 15 (Ontario vs Michigan): Men's 10 Km--1.** Gord Mosher, Ont. 45:51 2. Kevin Conkel, Mich. 48:22 3. Rod Craig, Mich. 50:33 4. Leon Jasionowski, Mich. 52:21 5. Stuart Summerhayes, Ont. 62:13 6. Paul Tucknott, Ont. 62:18. Michigan 9, Ontario 12 (As in cross country, low score wins) **Women's 5 Km--1.** Nanci Sweeazey, Ont. 27:03 2. Sherry Watts, Ont. 29:08 3. Mary Franklin, Mich. 30:40 4. Nancy North, Ont. 31:20 5. Walda Tichy, Mich. 31:41 6. Julia Puzdrowski, Mich. 34:03. Ontario 7 Michigan. Total Score: Ontario 19 Michigan 23. **5 Km, Missouri Show-Me State Games, July 28--1.** Gayle Johnson 27:52 2. Fred Adams 33:29 **15 Km, Des Moines, Iowa, Aug. 25--1.** Amber Antonia 1:13:34 **3 Km, same place--1.** Jane Hall 17:43 2. Heidi Bellon 19:57 **5 Km, same place--1.** Gary McClain 31:44 **10 Km, same place--1.** Franklin Brown 1:03:40 2. Gary O'Daniels 1:05:33 3. Ollie Nanyes 1:06:45 (Total of 19 competitors) **5 Km, Denver, Aug. 10--1.** Dan Pierce (46) 27:45 2. Sherrie Gossert (50) 31:02 3. Bob Brinster (62) 32:16 **5 Km, Brighton, Col., Aug. 24--1.** Daryl Meyers (59) 30:39 2. Sherrie Gossert 31:00 **5 Km, Denver, Aug. 25--1.** Jane Day Lecore (41) 29:01 2. Nancy Breit (47) 29:13 **5 Km, Castle Rock, Col., Aug. 25--1.** Mike Blanchard (41) 29:07 2. Jerry Davis 32:19 **Masters 3 Km, Ft. Collins, Col., Aug. 31--1.** Mike Blanchard 16:08 2. Marianne Martino (51) 17:14 3. Sherrie Gossert 18:17 **5 Km, Denver, Sept. 2--1.** Mike Blanchard 29:52 **1500 meters, San Mateo, Cal., Aug. 17--1.** Stu Kinney (62) 9:12 **5 Km, Oakland, Cal., Sept. 8--1.** Bekka Marrs (15) 30:57 **10 Km, Same place--1.** Laura Cribbins 61:57 (45) 2. Hansi Rigney (60) 63:05 **Men--1.** Art Klein (49) 63:06 2. John Doane (59) 66:16 **Masters 5 Km, Seattle, July 27--1.** Stan Chraminski (54) 26:51.03 2. Bob Novak (53) 26:59 3. Doug VerMeer (48) 28:33 4. George Opsahl (60) 28:40 5. Barton Kale (40) 29:42 6. Ann Tuberg (42) 29:44 7. Bev LaVeck (66) 31:07 (10 finishers)



**5 Km, Andujar, Spain, Sept. 6--1.** Francisco Fernandez 20:29.45 2. Juan Molina 20:31.37 3. Jose Dominguez 20:31.43 (A rather tight finish) 4. Alejandro Cambil 20:31.58 5. Juan Porras 20:45 **5 Km, Barcelona, Spain, Sept. 6--1.** Jesus Garcia 20:17.9 2. Jose Antonio Gonzalez 20:19 Women--1. Eva Perez 22:09.2 2. Maria Vasco 22:16 3. Rocio Florido 22:24 4. Batriz Pascual 22:55 **10 Km, Warsaw, Poland, Sept. 14--1.** Tomasz Lipiec 40:36.57 2. Grzegorz Sudol 42:21 Women's 5 Km--1. Anna Szumny 22:43 **Women's 10 Km, Rumia, Poland, Sept. 15--1.** Sylwia Korseniowska 46:16 Men--1. Robert Korzeniowski 39:51 2. Benjamin Jucinski 41:46 **Women's 50 Km, St. Petersburg, Russia, Sept. 8--1.** Nadezhda Putilova 4:54:10 **Women's 3 Km Wroclaw, Pol., Aug. 31--1.** Sylvia Korzeniowska 12:49.21 2. Joanne Baj 13:33 3. Agnieszka Olesz 13:39 **Men's 5 Km, same place--1.** Benjamin Kucinski 20:25.28 2. Grzegorz 20:25.29 3. Michal Jorosz 20:58 **Polish National 20 Km, Zamosc, Aug. 24--1.** Benjamin Kucinski 1:25:11 2. Kamil Kalka 1:25:37 3. Rafal Dys 1:27:03 4. Mieszko Lyp 1:27:25 5. Michal Jorosz 1:28:09 **Women's 10 Km, same place--1.** Joanna Baj 46:27 2. Wioletta Spychalska 47:58 **10 Km, Gdansk, Poland, Aug. 31--1.** Olga Kardopoltseva, Belarus 46:03 2. Monica Svensson, Sweden 48:33 **Men's 20 Km, same place--1.** Roman Magdziarczyk 1:28:53 2. Daugvinas Zujas, Lith. 1:30:41 3. Stanislaw Sosik 1:30:53

## Tie Up Those Laces and Get In Some Races

Sat. Oct. 5 5 Km, Bristol, N.H. (AA)  
 Sun. Oct. 6 Sacramento Half-Marathon (E)  
**USATF National Junior 5 Km, Boston (AA)**  
 Half Marathon, Sandy Hook, N.J. (A)  
 Detroit Marathon (S)  
**National USATF 5 Km, New England (AA)**  
 Sat. Oct. 12 West Regional 1 Hour, Denver (H)  
 5 Km, Friendswood, Texas (L)  
 2.8 Mile, Seattle, 9 am (C)  
 Sun. Oct. 13 1 Hour or 5 Km, Kentfield, Cal. (P)  
 Long Beach Half-Marathon (Y)  
 1 Hour, Alexandria, Vir., 10:30 am (O)  
 East Regional 30 Km, New York City, 8 am (G)  
 10 Km at Huntsman World Senior Games, St. George, Utah (N)  
 Tues. Oct. 15 1500 meters at Huntsman Games, St. George, Utah (N)  
 Sun. Oct. 20 **National USATF Masters 20 Km, Coconut Creek, Florida, 7:15 am (D)**  
 5 Mile, Freehold Twp., N.J. (A)  
 1 Mile, Kentfield, Cal. (P)  
 Fri. Oct. 25 5 Km, Denver, 6 pm (H)  
 Sat. Oct. 26 10 Km, Seaside, Cal. (B)  
 Seniors 5 Km, Long Beach, Cal., 2:30 PM (Y)  
 5 Km, Denver, 9:30 am (H)  
 Sun. Oct. 27 Coney Island 10 Mile Handicap, Brooklyn, NY, 9 am (J)  
 10 Km, New London, Conn., 10 am (W)  
 5 Km, Denver, 9 am (H)  
 Sun. Nov. 3 1 Hour, Alexandria, Vir., 9 am (O)  
 10 Mile, Denver, 9 am (H)  
 5 Km, Kentfield, Cal. (P)  
 Sat. Nov. 9 100 Miles, El Cajon, Cal. (F)  
 2.8 Miles, Seattle, 9 am (C)

Sun. Nov. 10 East Regional 50Km, Hauppauge, N.Y. (K)  
 1 Hour, Kentfield, Cal. (P)  
 20 Km, Mountain View, Cal. (B)  
 Sat. Nov. 16 20 Km, San Francisco area (B)  
 Paris Mountain 1 Hour, Greenville, S.C., 9 am (U)  
 Sat. Nov. 23 5 and 10 Km, D.C. area, 8 am (O)  
 Sun. Nov. 24 1 Hour, Kentfield, Cal. (P)  
 Thur. Nov. 28 4 Mile, Denver (H)  
 Sat. Dec. 14 South Regional 5 Km, Houston (L)  
 2.8 Miles, Seattle, 9 am (C)  
 Sat. Dec. 21 5 and 10 Km, D.C. area, 8 am (O)  
 1500 meters and 5 Km, Ppharr, Texas, 8 am  
 Sun. Dec. 29 Polar Bear 10 Mile, Asbury Park, N.J. (A)  
 Marathon and Half-Marathon, Mobile, Alabama (T)  
 Sun., Jan. 5 South Region 50 Km, Houston (L)  
 Sun., Jan. 12 South Region 10 Km, Mobile, Alabama (V)  
 Sun. Jan. 19 10 Miles and 5 Km, Los Angeles (Y)

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## FROM HEEL TO TOE

**Renewals.** I guess my renewal slips cause some confusion. Several subscribers recently have sent me \$15 (the rate for those in other lands), rather than the \$12 domestic rate. For the information of those who have done so, maybe not realizing it, in such cases, I simply extend the subscription 15 months, rather than 12. But, anyway, please be aware that the rate for U.S. subscribers is just \$12. I also appreciate the additional dollars some subscribers include, marked as gifts. I hope it doesn't seem ungrateful, but I just apply these dollars to further extend the subscription. However, you can still send me gifts any time you care to, and eventually you might have a 100-year subscription. I also appreciated the many notes of appreciation and encouragement that come with renewals. I would also appreciate more renewals, as the circulation keeps dropping lower.

**Clinics.** Dave McGovern will be taking his well-known and highly acclaimed clinics to Lititz, Penn. Oct. 25-27 and to Little Rock, Ark. November 15-17. For further information, contact Dave at [Rayzwocker@aol.com](mailto:Rayzwocker@aol.com). **Julie Morrison.** In the July issue, we noted the passing of Julie Morrison. Alvia Gaskill adds this note to what we said: "Julie and her husband Bruce published the *Running Journal*, a tabloid format monthly publication, similar to *National Masters News* that covers running, walking, and other related events in the Southeastern U.S. As noted in the ORW, she was a great supporter of walking and a competitor also. I first met Julie in 1986 when she covered the N.C. State Games in Chapel Hill. The start of the 3 km walk was the cover picture for the magazine the next month and included myself, Ian Whatley, Eric Bigham, Regis Dandar, and Ray McKinnis, all of who had or would compete in the Olympic Festival. I wrote several articles for the *Running Journal*, as did Dandar and other people and felt that Julie went out of her way to give walking much needed publicity at a time when very few people in the southeast were actively involved. Perhaps part of her legacy is the number of events and people now involved." . . . **2003**

**International Competitions.** Major International Meets including racewalking in 2003 are: IAAF World Youth Championships, Sherbrooke, Canada, July 9-13; Pan American Games, Santa Domingo, Aug. 1-17; World University Games, Taegu, Korea, August 21-31; IAAF World T&F Championships, Paris, Aug. 22-31. . . **Some history.** Stella Cashman provides the following bit of history she picked up off the Internet from one Graham Thomas: In the 1800s, pedestrian events (old term for athletics--either running or walking) were huge attractions around Australia, particularly long distance walks or challenges made by characters like the "Flying Pieman" of Sydney, who regularly raced the mail coaches on routes such as Sydney to Lithgow, and won. Often to make the challenges harder, he would handicap himself by carrying a sheep or boy on his back throughout the walk/run. He usually still won. Apparently these types of challenges had originated in England in the late 1700s with coach footmen engaging in challenges, while running or walking to keep up with their masters' coaches. This type of long distance challenge attracted huge crowds en route and when the walker/runner in question was about to complete the race (think Olympic torch relay). At the time, such events were probably more popular in Australia than track and field competitions and rated a good deal of media coverage. These physical challenges were quite a feature of the 1800s where man wanted to prove he was better/faster/stronger than ever before. British racewalking championships had first been held in 1866 and finally, in 1908, two racewalking events for men were added to the Olympic program. The first amateur racewalks for women in Australia (probably the first for women, anywhere in the world) were held in Sydney about 90 years ago and the male writers in the press reported the race (at 880 yards) was 'dead funny' and the ladies 'demonstrated that racewalking was beyond their ken'. At the time, journalists and athletes often belittled women who attempted to compete seriously in athletics. . . **Correction and more.** It's a little late, but Cheryl Rellinger let us know that we had an incorrect date for the Detroit Marathon in our race schedule. It's on Oct 6, not the 20th, but by the time you get this, that info may not be too helpful. However, I did make the correction in this month's schedule. Cheryl

also notes: "It's a shame that one of the effects of 9-11 is that an event such as this has to be altered. In 1999 and 2000, the course started in Detroit, went over the Ambassador Bridge and continued into Canada for about 6 miles, then came back to the U.S. via the tunnel, the only 'underwater mile' in a U.S. marathon." Cheryl adds further: "One comment regarding recent discussions pertaining to heat: Cold water, even ice water (providing you don't swallow a piece of ice) is preferable for training or racing in the heat. I was surprised to find people still believe that cold water is 'too much of a shock to the system'. That is a vague and unfounded statement. The stomach is an organ, not a muscle, and will not 'contract' if iced. Heat is the entity that moves--coldness does not 'spread' over your body. Rather, the cold water accepts heat from your body. Ingesting cold water is the quickest way to reduce core temperature. Also, most people will agree that it's easier to drink colder water; it is absorbed better by the body than warm water (which, when cups are sitting out in the sun, can actually become hot) and studies show that a simply better taste means that people will generally drink more. The more cold water you drink, the more you will reduce your core temperature." . . . **A word from the wise.** And who could be wiser in racewalking than 1960 Olympian Bob Mimm--wise enough to keep himself super-fit and competitive for ever, dominating every age group he has progressed through since master's competition began. And here is his word: "Many athletes, including racewalkers, search for magical solutions to enhance their performance. We would all like to train less and still perform better. My thinking is that training is still the best way to improve performance. Yes, there are performance enhancing drugs available. Steroids do work. But at what expense? Many individuals are now selling all kinds of supplements that supposedly will make you faster or stronger. It's a big and profitable business. I think a supplement that provides vitamins and minerals that are necessary to the body can be good, especially if your diet is not good. Beyond this, I think you could be wasting money searching for a magical performance enhancer. But, another problem is that these supplements are not tested or controlled by the Food and Drug Administration. They could be dangerous. You might find the enclosed Army letter of some interest. It does demonstrate the adverse possibilities that can result from the use of such products." I won't repeat the letter, but it was a Department of the Army memorandum from Gen. B.B. Bell, Commanding Officer of III Corps at Ft. Hood, Texas. The memorandum concerned the recent tragic death of a soldier during physical training from an apparent fatal cardiac event (good bureaucratic language). The soldier was apparently taking a nutritional supplement containing a combination of the herbs Ma Huang and Guarana. Another soldier, apparently taking a similar supplement, was treated for a heart related injury during physical training. The general cites studies that show that Ma Huang and Guarana, either alone or in combination, significantly increase heart rate, body core temperature, and blood pressure. . . **A gift of shoes.** Walkers in the U.S. have donated 36 pairs of racewalking shoes to Chanaian walkers preparing for the World Cup and other international competitions. The donation was through an appeal made by the Visco Walking Club's foreign coach, Dave McGovern, who was kind enough to place the request on his website. Besides many individual donors, the Sierra Racewalkers and Marin Racewalkers contributed significantly. Another consignment of about twice the number of shoes was reportedly on its way.

## Olympic Walks

There has been some panic in racewalking circles over the past month as a result of an announcement from the International Olympic Committee's program commission following its meeting in late August. The committee recommended that baseball, softball, and modern pentathlon be eliminated from the Olympics and be replaced by golf and rugby. The committee also recommended eliminating parts of several other disciplines, including the racewalk events in track and field.



Thus, the cry went out to save the walks, as had to be done when the 50 Km race was dropped from the 1976 Olympics, then reinstated in 1980. It is well that we let the world know that the walks are an integral event in the T&F agenda. And we don't want to minimize the threat. But, note that this is just a committee recommendation at this point and that the NY Times article regarding the recommendation, written by Frank Litsky, said: "The proposals have far to go to become reality. Recommendations accepted by the executive board must be approved by a two-thirds vote of the I.O.C.'s full membership. That vote could not take place until November, and the changes would not take effect until 2008.

In response to this announcement, past IAAF (the international track and field governing body) Racewalk Chairman Bob Bowman wrote as follows:

"Old-timers will remember a similar situation in 1976 where the 50 km walk was eliminated only to be reinstated after a big response from the world's racewalking fans.

"The situation is different than in 1976. Then every sport was asked to remove one event from their program. Track and Field chose the 50 km racewalk; swimming removed one of their events, etc. It was later realized that this was a foolish approach to solving a non-problem. It reduced the size of the Olympics by only a few hundred athletes.

"The recommendation of the present task force regarding racewalking is really out of order and should be ruled such by the IOC. The task force can recommend the removal of sports but not events in a sport's championship program of events. Only the international governing body, IAAF in this case, can remove an event from its program. Of course, the IAAF could be pressured into removing an event, but this would be very difficult to achieve. The problems in Sydney no doubt drew negative attention to racewalking. The IAAF has been pleased with the conduct of major racewalking events held since Sydney, so I would assume they will insist that racewalking stay in the Olympic program."

Reinforcing Bob's conclusion is the report of a Brazilian journalist of an interview he conducted with an IAAF spokesman.

He asked, "Was the IAAF consulted by the Olympic Program Commission?" The reply: "The IAAF learned about the recommendation when the report was issued."

A second question was: "Concerning the recommendation of exclusion, what is the official position of the IAAF?" The reply: "The official position is that we don't accept the attempt at exclusion and plan to hold meetings with the IOC at the next available opportunity to clear up any misunderstandings."

A third question: "Does the IAAF agree that there are operational difficulties in conducting racewalks events in Olympic Games?"

The reply: "It is obvious that there were specific problems with racewalking events at the last Olympic Games in Sydney, and it is based on that experience that the IOC has made this proposal. But the IAAF itself acknowledged that there were some problems and since then has changed rules and procedures, particularly concerning the judging of the event. These improvements were introduced last year, and there were no problems with the Racewalking events at the World Championships in Edmonton. The IAAF is confident that when the IOC has a chance to consider this evidence, racewalking events will retain their current position in the athletics program."

Finally, Bowman later addressed the specific "problems" with the following statement.

"Those of us involved in racewalking appreciate the initiatives of our athletics colleagues, IAAF member federations, Area organizations, National Olympic Committees, and the IAAF Council members regarding the future of racewalking events in the Olympic Games. Having served as Chairman of the IAAF Racewalking Committee from 1991-99, as Referee for the racewalking events at the 1984 and 1996 Olympic Games, and as a racewalking judge at the 1988 and 1992 Olympic Games, I can speak with some authority on the conduct of the racewalking events at recent Olympics. In reviewing Section 3.1.3 of the Report of the IOC Commission in

which they recommend the exclusion of racewalk events from the 2008 Olympic Program, the stated reasons are factually incorrect. The Report states that 'the Commission reviewed the judging difficulties experienced in the recent editions of the Olympic Games, and noted the poor resulting image of the racewalk events.' It also states that 'the operational difficulties for Organizing Committees in conducting racewalk events were noted.'

"What is so disturbing about the first statement is the fact that there were no judging difficulties experienced in the recent editions of the Olympic Games! In 1984, 1988, 1992, and 1996 all the walking events were conducted as perfectly as humanly possible with no complaints or protests. In fact, they proved to be very exciting events with great spectator interest. I certainly would know. I was either the Referee or Chief Judge at all four of these Olympics.

"In 2000, there was a significant problem with the technical management of the walking events, but it had nothing to do with the judging. The problem was one of communication. The late communication of a disqualification during the men's 20 resulted in an embarrassing situation for one competitor and his country. However, the competitor and his federation always supported the decision of the judges. Their complaint centered on the tardiness of the disqualification. There was also expected controversy during the women's 20 Km walk when a walker from the host country was disqualified while leading during the final stages of the race. This is quite a normal reaction. However, the disqualified walker supported the decision of the judges, as did her federation. Never was the decision of the judges in all three walks in the 2000 Olympics challenged by any federation, its athletes, or officials. The communication problem experienced was unique and will not be repeated as evidenced by the very successful technical operation of the 2001 IAAF World Championships. Therefore, the second statement in the Report is also quite misleading. Contrary to the Report, the IOC Commission obviously did not review these competitions as they stated. They obviously based their statements on biased false opinions against one of the most popular and successful athletic events in Olympic history."

So, it would appear that those that need to be are very much on our side and the threat is not serious at this point. But stay alert and continue to promote understanding of our unique sport.

## Tips For Beginning Racewalkers

by Jim Hanley

National Champion, Coach, and Olympic Official

1. **Before starting any exercise program, consult your physician.** This is a good excuse to get that physical exam you have been putting off.
2. **Be patient.** It takes 3 years to become a top athlete. Start gradually. Don't let outstanding performances of veteran racewalkers discourage you. You'll get there eventually.
3. **Concentrate on proper form and technique.** Train with other racewalkers and coaches; enter USATF races, but don't worry too much about speed at first, because it will mean nothing if you get disqualified for bad form. Talk to the racewalk judges; they can--and are very willing to--help you before or after all races.
4. **Throw away your stopwatch.** Just kidding! But, if you insist in timing yourself in workouts, limit it to about one "time trial" a week. In other workouts, sniff the breeze, relax, enjoy the activity, and concentrate on form.
5. **Train with a buddy.** This will help the miles pass easily. Besides, your training partner can coach you and keep you motivated--especially on days you might prefer to skip.

6. **Train, train, train!** Try to walk on a daily basis. Remember, the hardest part of any workout is getting out the door.

7. **Alternate hard and easy workouts.** Studies have shown that the body needs time to recover from a hard workout and will actually do better if you take it easy the day after a hard training session. Though racewalking is a relatively injury-free activity, one way to get hurt is to push it 100 percent every day.

8. **Change workout sites frequently.** Working out on the same track or road every day is boring. Change the venue and enjoy the new scenery.

9. **Expect muscle soreness.** Because you are working previously unused muscles, you will be sore for about 2 weeks. Hot showers alternated with cold ones help. The good news is that if you can tough it out, you'll never have this trouble again because you will have developed "ankles of iron and buns of steel".

10. **Warm up.** Many athletes stand around socializing just before their race; they then jump on the starting line and take off. This is another good way to get hurt and also to have a bad performance. Warm-ups are especially important for older athletes and for short races. I found that strolling around slowly--using proper form--worked best for me because I gradually warmed up the same muscles I was to use in a race. Others prefer stretching exercises. One should warm-up for workouts as well, and un-timed ones have the advantage of allowing you to warm-up as you slowly complete your first quarter- or half-mile.

## LOOKING BACK

**40 Years Ago** (From the August 1962 American Race Walker, edited by Chris McCarthy)--On Detroit's fabulous Belle Isle, on a course later measured to be at least 600 yards long, John Allen won the National 15 Km title in 1:16:07, beating Ron Laird by 16 seconds. Canada's Alex Oakley was third, and young Ron Daniel of the New York AC upset the Ohio Track Club's dynamic duo of Jack Mortland and Jack Blackburn for fourth. Laird and Daniel led the NYAC to the team title over the Ohio TC. Future star, Goetz Klopfer was 11th. . . Bob Bowman, now the most recent past IAAF Racewalk Chairman, then a fledgling competitor, won a 2 miler in Venice, Cal in 16:19. . . Daniel was the publication's Pedestrian of the Month. The NYAC athlete was born in Miami, but was then living in Port Washington, N.Y. At that early point in his career, he had best times of 6:59.9 for a mile, 51:00 for 10 Km, 1:14:57 for 15 Km, and 3:44:55 for 40 Km. He went on to International status a few years down the line and is now an international judge and Racewalk Chairman in the Pacific Association.

**35 Years Ago** (From the September 1967 ORW)--Ron Laird won the National 15 Km in Berwick, Pa. with a 1:08:13, leaving Steve Hayden 3 1/2 minutes in arrears. Jack Blackburn was a strong third. . . The first U.S. 100 miler of the 20th century was held on the track in Columbia, Missouri and Montana's 60-year-old Larry O'Neil broke the long-standing record with a 19:24:52, walking an amazingly even pace throughout the race.

**30 Years Ago** (From the September 1972 ORW)--At the Munich Olympics, East Germany's Peter Frenkel won at 20 Km in 1:26:42 and West Germany's Bernd Kannenberg captured the 50 in 3:56:12. Vladimir Golubnichiy, USSR, took the silver at 20, his fourth Olympic medal at the distance--golds in 1960 and 1968, bronze in 1964. Hans-Georg Reimann and Gerhard Sperling

completed a near sweep for East Germany in the 20, with their third and fourth place finishes and the USSR's Veniamin Soldatenko took the silver at 50. For the U.S., Larry Young was brilliant with a 10th place finish at 20 preceding his second bronze medal performance in the 50. He missed the 4 hour mark by just 46 seconds. In the 20, Tom Dooley was 15th and Goetz Klopfer 19th. At 50, Bill Weigle took 17th and Steve Hayden 27th.

**25 Years Ago** (From the September 1977 ORW)--Mexican walkers finished one-two at both 20 and 50 Km to score a decisive team victory in the World Cup held in England. The 20 went to Daniel Bautista in 1:24:03 with Domingo Colin second and East Germany's Karl-Heinz Stadtmuller third. Raul Gonzalez won the 50 in a rather slow 4:04:20, 35 seconds of Pedro Aroche. Gonzalez went through the first 20 in 1:29:50, an unheard of pace at that time, and paid the price but survived with the gold. In the 50, a subpar Larry Young was 13th in 4:19:56, just 10 seconds ahead of Augie Hirt, who had a personal best. A hamstring injury had hampered Young's training. . . San Deigo's Paul Hendricks, with only a year of race-walking experience, won the Columbia 100 miler in 19:45:17, 22 minutes ahead of Leonard Busen, who took an hour-and-a-half of his previous best. There were a record eight finishers in the 24-hour limit.

**20 Years Ago** (From the September 1982 ORW)--The U.S. finished ahead of Great Britain and Norway, but behind West Germany and Sweden in a five-team international match. Sweden's Bo Gustavsson won the 50 in 3:53:22 with Maraco Evoniuk second for the U.S. in 4:03:13. Germany's Franz Josef Weber won the 20 in 1:24:46 and Jim Heiring walked 1:25:32 in third and Ray Sharp 1:26:48 in fourth. . . U.S. Sports Festival titles went to Heiring at 20 in 1:28:19 and Ray Somers at 50 in 4:37:50. . . Jose Marin of Spain walked a brilliant double in the European Championships, winning the 20 in 1:23:43 and coming back three days later to take a silver at 50 in 3:59:19. Finland's Reima Salonen won that one in 3:55:29 and Sweden's Bo Gustavsson edged Hartwig Gauder, GDR, for third. Czechs Josef Pribilinec and Pavlo Blazek took silver and bronze at 20.

**15 Years Ago** (From the September 1987 ORW)--Italy's Maruzio Damilano won at 20 Km in the World Championship T&F Meet in Rome, defying high heat and humidity to record 1:20:45. He controlled the pace throughout to beat Josef Pribilinec by 22 seconds with Spain's Jose Marin third. Tim Lewis was the first U.S. finisher with a 1:26:00 in 19th. The Women's 10 Km went to Irina Strakhova, USSR, in 44:12, 11 seconds ahead of Australia's Kerry Saxby. Hong Yan of China was third. Lynn Weik led the U.S. with 46:51 in 15th. Debbi Lawrence was 40 seconds and five places behind Weik. Just as they had earlier in the year at the World Cup in New York, the GDR's Hartwig Gauder and Ronald Weigel finished one-two in the 50, but switched positions as Gauder took gold in 3:40:53. Weigel had 3:41:30 and Vyatcheslav Ivanenko, USSR, 3:44:02 in third. Carl Schueler was 16th in 3:57:09 and Marco Evoniuk 17th in 3:57:43. Jim Heiring had a personal best 4:03:24 in 22nd, easily the most distinguished showing the U.S. team had ever made at 50 Km. This year's World Cup team aims to do better in a couple of weeks.-

**5 Years Ago** (From the September 1997 ORW)--Curt Clausen won National titles at both 5 and 40 Km. At the 5 in Wilkes-Barre, Pa. on August 24, he scored an easy win in 20:33. In the 40, two weeks later at Fort Monmouth, N.J., he was virtually unopposed, winning in 3:16:42. In the 5, Jonathan Matthews, tough as ever at age 41, was second in 20:54 and Dave McGovern third in 21:27. Debbi Lawrence won the women's 5 in 22:39, 15 seconds ahead of Joanne Dow, with Victoria Herazo third. In the 40, Ohio's Chris Knotts, also still going strong at 41, was second in 3:46:17 with John Soucheck third in 3:50:03.



# Record Progression: Women's 5, 10, and 20 Km Racewalks

compiled by Richard Harper

Last month, we presented Richard Harper's article on the early years of women's racewalking. Richard has also painstakingly compiled the progression of women's world bests and records for 5, 10, and 20 Km. The results of that compilation follow. The tables, for both road and track performances, go from the present best back to the first known recorded performance. Enjoy this bit of history.

Women's	Five	Kilometer	Walk	Record	Progression	Road
Time	Athlete	Nation	Birthdate	Location	Date	
20:19	Yelena Nikolayeva	RUS	01 02 1966	1Sochi	20 04 1996	
20:25	Kerry Saxby-Junna	AUS	02 06 1961	1Hildesheim	10 06 1989	
20:34	Kerry Saxby-Junna	AUS	02 06 1961	1Hildesheim	24 09 1987	
20:59	Kerry Saxby-Junna	AUS	02 06 1961	1B Krotzing	08 08 1987	
21:01	Kerry Saxby-Junna	AUS	02 06 1961	1Furth	19 07 1987	
21:25	Maria Reyes	ESP	01 06 1967	1La Coruna	16 05 1987	
21:34	Vera Osipova	SOV	1957	1Russe	21 04 1985	
21:46	Olga Krishtop	RUS	08 10 1957	1Cheboksary	05 13 1984	
21:47	Xu Yongjiu	CHN	1964	1Kobenhaven	05 12 1984	
22:04	Olga Yartukina	URS	1960	1Dnepropetrovsk	8 21 1983	
22:04	Siv Gustavsson	SWE	1957	1Boras	01 10 1983	
22:15	Sally Pierson	AUS	1963	1Melbourne	27 01 1982	
22:41	Ludmila Chrustjeva	URS	1955	1Kischiniov	17 05 1981	
22:51	Marion Fawkes	GBR	1948	1Eschborn	08 07 1979	
22:58	Siv Gustavsson	SWE	1957	1Boras	20 08 1977	
23:30	Siv Gustavsson	SWE	1957	1Boras	09 10 1976	
23:41	Margareta Simu	SWE	1953	1GrandQuevilly	11 10 1975	
23:42	Margareta Simu	SWE	1953	1Odense	20 07 1975	
23:45	Margareta Simu	SWE	1953	1Arboga	12 06 1975	
23:52	Eivor Johansson	SWE	1950	1Boras	15 07 1973	
24:21	Margareta Simu	SWE	1953	1Sandviken	09 07 1972	
24:28	Elisabet Olsson	SWE	1954	1Kola	11 06 1972	
24:35	Thorhild Sarpebakken	NOR	1953	1Engelsviken	m23 08 1970	
24:36	Mary Nilsson	SWE	1928	1Follinge	10 07 1966	
24:23 U	Mary Nilsson	SWE	1928	1Boras	04 10 1964	
24:37	Mary Nilsson	SWE	1928	1Vasteras	13 09 1959	
24:53	Mary Nilsson	SWE	1928	1Nybrog	02 08 1959	
24:58	Mary Nilsson	SWE	1928	1Avesta	17 05 1959	
25:14	Ingrid Johansson	SWE	1915	1Boras	21 09 1952	
25:19	Linnea Olsson	SWE	1912	1Angelholm	14 09 1941	
25:49	Linnea Olsson	SWE	1912	1Goteborg	31 08 1938	
25:56	Maja Ostlund-Blomqvist	SWE	1915	1Stockholm	30 05 1938	
26:05	Linnea Olsson	SWE	1912	1Stockholm	12 09 1937	
26:06	Nora Petersson	SWE		1Stockholm	09 05 1937	
26:55	Marie Stehlkova	CZE		1Prague	02 11 1932	
27:09	Marie Stehlkova	CZE		1Smichov	04 10 1931	
31:25	Marie Stehlkova	CZE		1Prague	28 09 1930	
33:13	Marie Krejcikova	CZE		1Prague	02 09 1928	

U=Unratified/Unofficial M=mixed competition \*\*\*\*\*=IAAF Championship Era (Road Bests)

Women's	Five	Kilometer	Walk	Record	Progression	Track
Time	Athlete	Nation	Birthdate	Location	Date	
20:13.26	Kerry Saxby-Junna	AUS	02 06 1961	1Hobart	23 02 1996	
20:03.04 U	Kerry Saxby-Junna	AUS	02 06 1961	1Sydney	11 02 1996	
20:07.52 U	Beate Anders-Gimmelt	GER	04 02 1968	1Rostock	23 01 1990	
20:17.19	Kerry Saxby-Junna	AUS	02 06 1961	1Sydney	14 01 1990	
20:27.59	Ileana Salvador	ITA	16 01 1962	1Trento	03 06 1989	
20:32.75	Kerry Saxby-Junna	AUS	02 06 1961	1Brisbane	19 03 1989	
20:45.32	Kerry Saxby-Junna	AUS	02 06 1961	1Perth	27 03 1988	
20:55.76	Kerry Saxby-Junna	AUS	02 06 1961	1Sydney	10 01 1988	
21:16.4	Kerry Saxby-Junna	AUS	02 06 1961	1Sydney	04 04 1987	

21:26.5	Ping Guan	CHN	01 02 1966	1Qingdao	17 10 1986	
21:34.3	Li Sujie	CHN		1Beijing	07 09 1986	
21:33.8 U	Wang Yan	CHN		1Jaing City	08 03 1986	
21:36.2	Olga Krishtop	RUS	08 10 1957	1Penza	04 08 1984	
21:40.3	Hong Yan	CHN		1Bergen	05 05 1984	
21:51.85	Guilana Salce	ITA	1955	1L'Aquila	01 10 1983	
22:14.1	Aleksandra Deverinskaja	URS	1960	1Orel	09 07 1982	
22:32.4	Susan Orr-Cook	AUS	1958	1Sydney	22 05 1982	
22:41.4	Aleksandra Deverinskaja	URS	1960	1Fano	15 05 1982	
22:45.6 U	Susan Orr-Cook	AUS	1958	1Adelaide	24 04 1982	
22:31.5 M	Susan Orr-Cook	AUS	1958	1Canberra	09 03 1982	
22:50.00	Aleksandra Deverinskaja	URS	1960	1Moscow	24 07 1981	
22:53.20	Susan Orr-Cook	AUS	1958	1Adelaide	21 03 1981	
23:11.2	Carol Tyson	GBR	1957	1Ostersund	30 06 1979	
23:17.5	Thorill Gylder	NOR	1958	1Oslo	04 08 1978	
23:25.0	Siv Gustavsson	SWE	1957	1Gothenburg	24 04 1977	
23:33.7	Britt Homquist	SWE	1948	1Stockholm	26 07 1977	
23:48.2	Margareta Simu	SWE	1953	1Lynby	14 08 1976	
23:58.0	Jacqueline Delassaux	FRA	1946	1Epinay-s-s	11 04 1976	
23:58.8	Jacqueline Delassaux	FRA	1946	1Nancy	21 06 1975	
24:03.8	Jacqueline Delassaux	FRA	1946	1Rennes	08 06 1975	
24:16.2	Susan Brodock	USA	1956	1Stockholm	24 08 1974	
24:18.0	Margareta Simu	SWE	1953	1Sala	04 08 1974	
24:15.0 U	Eivor Johansson	SWE	1950	1Ostersund	31 07 1973	
24:27.5	Ingrid Johansson	SWE	1915	1Boras	07 10 1951	
24:45.0	May Johansson/Bengtsson	SWE	1919	1Varberg	01 09 1946	
24:47.2	May Johansson/Bengtsson	SWE	1919	1Orebro	01 10 1944	
24:56.8	May Johansson/Bengtsson	SWE	1919	1Kumla	10 09 1944	
24:57.4	May Johansson/Bengtsson	SWE	1919	1Varberg	11 07 1943	
25:12.4	Linnea Olsson	SWE	1912	1Uppsala	20 09 1942	
25:13.4	May Holman	SWE	1917	1Tiden	12 07 1942	
25:41.0	May Holman	SWE	1917	1Tibro	03 05 1942	
25:41.0	Ingrid Johansson	SWE	1915	1Tibro	03 05 1942	
25:48.8	Linnea Olsson	SWE	1912	1Gothenburg	31 08 1938	
27:28.0	Astrid Tollerud	NOR		1Oslo	24 10 1937	
27:42.0	Hedvig Olsson	SWE		1Gothenburg	25 07 1937	
29:26.6	Jitka Herzanova	CZE		1Prague	08 11 1936	
30:00.8	Blanka Simova	CZE		1Prague	21 07 1934	
31:33.4	Mina Leiningerova	CZE		1Prague	23 10 1932	

Women's Ten Kilometer Record Progression Track

Time	Athlete	Nation	Birthdate	Location	Date	
41:37.9 U	Gao Hongmiao	CHN	17 03 1974	1Beijing	07 04 1994	
41:57.21	Nadezda Ryashkina	RUS	22 01 1967	1Seattle	24 07 1990	
42:25.2	Kerry Saxby-Junna	AUS	02 06 1961	1Bergen	26 05 1990	
42:39.2	Ileana Salvador	ITA	01 16 1962	1Rome	17 06 1989	
43:08.4	Nadezda Ryashkina	RUS	22 01 1967	1Bergen	28 04 1989	
43:26.12 M	Kerry Saxby-Junna	AUS	02 06 1961	1Canberra	26 01 1989	
43:36.41	Yelena Nikolayeva	RUS	01 02 1966	1Kiev	30 07 1988	
43:36.5	Yelena Nikolayeva	RUS	01 02 1966	1Bergen	07 05 1988	
43:52.1	Chen Yaoling	CHN	01 04 1968	1Zengzhou	24 10 1987	
44:26.5	Xu Yongjiu	CHN	1964	1Xinglong	31 03 1987	
44:32.5	Yelena Kunetsova	SOV	1966	1Briansk	16 08 1986	
45:08.13	Kerry Saxby-Junna	AUS	02 06 1961	1Moscow	07 07 1986	
44:59.2 U	Xu Yongjiu	CHN	1964	1Fuxin	30 03 1986	
45:31.9 U	Xu Yongjiu	CHN	1964	1Jiang City	10 03 1986	
45:39.5	Hong Yan	CHN	1966	1Copenhagen	13 05 1984	
45:47.0	Susan Orr/Cook	AUS	1958	1Leicester	14 09 1983	
46:15.6 U	Rosa Underova	SOV	1957	1Oryol	28 08 1983	
46:42.6	Susan Orr/Cook	AUS	1958	1Adelaide	23 05 1982	
47:13.0 M	Susan Orr/Cook	AUS	1958	1Melbourne	28 02 1982	
47:58.2	Ann Jansson	SWE	1958	1Falkenburg	17 10 1981	
48:11.4	Marion Fawkes	GBR	1948	1Harnosand	08 07 1979	
48:37.6	Marion Fawkes	GBR	1948	1Upminster	31 03 1979	
48:40.3	Siv Gustavsson	SWE	1957	1Gothenburg	30 04 1977	
48:59.0	Margareta Simu	SWE	1953	1Vasteras	17 04 1977	
49:46.8	Siv Gustavsson	SWE	1957	1Ornskoldsvik	01 08 1976	
50:47.0 U	Elisabet Olsson	SWE	1954	1Alvaden	20 06 1973	
51:06.8	Eivor Johansson	SWE	1950	1Ostersund	22 08 1971	
52:01.6	Mary Nilsson	SWE	1928	1Sala	14 09 1958	
52:05.6	May Johansson/Bengtsson	SWE	1919	1Metala	12 09 1943	



## Women's Ten Kilometer Record Progression Road

Time	Athlete	Nation	Birthdate	Location	Date
41:04	Yelena Nikolayeva	RUS	01 02 1966	1Sochi	20 04 1996
41:29	Larisa Ramazanova	BLR	23 09 1971	1Izhevsk	04 06 1995
41:30	Kerry Saxby-Junna	AUS	02 06 1961	1Canberra	27 08 1988
42:52	Kerry Saxby-Junna	AUS	02 06 1961	1Hobart	19 07 1987
43:22	Olga Krishtop	SOV	08 10 1957	1New York	03 05 1987
44:14	Hong Yan	CHN	1966	1Jiading	16 03 1985
44:52	Olga Krishtop	SOV	08 10 1957	1Penza	08 08 1984
45:14	Xu Yongjiu	CHN	1964	1Bergen	24 09 1983
45:32	Susan Orr/Cook	AUS	1958	1Canberra	10 07 1982
45:38	Sally Pierson	AUS	1963	1Melbourne	08 05 1982
46:48	Susan Orr/Cook	AUS	1958	1Moss	11 05 1980
47:24	Thorill Gylde	NOR	1958	1Valer	15 09 1079
48:40	Thorill Gylde	NOR	1958	1Softeland	16 09 1978
48:53	Margareta Simu	SWE	1953	1Appelbo	25 06 1978
49:04	Margareta Simu	SWE	1953	1Appelbo	22 06 1975
51:01	Margareta Simu	SWE	1953	1Appelbo	24 06 1972
51:04	May Johansson/Bengtsson	SWE	1919	1Stockholm	17 09 1944
50:29 U	Stina Molin/Pettersson	SWE	1915	1Stockholm	13 08 1944
51:11	Stina Lindberg/Magnusson	SWE	1924	1Galve	23 08 1942
51:32	May Holman	SWE	1917	1Mariestad	09 08 1942
52:56	Birgit Frisk	SWE	1919	1Almunge	14 06 1942
53:17	Sandra Holm	SWE		1Uppsala	19 05 1935
56:26	Margit Lindstrom	SWE		1Stockholm	07 10 1934
58:14	Albertine Regel	FRA		1Paris	11 11 1926

## Women's Twenty Kilometer Walk Record Progression Track

Time	Athlete	Nation	Birthdate	Location	Date
1:26:52.3	Olimpiada Ivanova	RUS	05 05 1970	1Brisbane	06 09 2001
1:29:36.4	Susana Feitor	POR	28 01 1975	1Lisboa	21 07 2001
1:30:48.3	Rossella Giordano	ITA	01 12 1972	1Almada	04 08 2000
1:35:23.7	Kristina Saltanovic	LTU	20 02 1975	1Kaunas	03 08 2000
1:34:56.7 U	Maria delRosario Sanchez	MEX	26 10 1973	1Xalapa	16 07 2000
1:35:18.0 M	Beate Anders-Gummelt	GER	04 02 1968	1Laucha	25 09 1999
1:35:29.5	Monica Gunnarsson	SWE	1965	1Boras	10 07 1991
1:41:33.9	Ann Jansson	SWE	1958	1Sundbyberg	25 10 1987
1:42:33.6	Mirva Hamalainen	FIN	1962	1Raisio	17 10 1987
1:44:19.0	Rosanna Faroldi	ITA	1959	1Imbiate	18 10 1986
1:44:30.8	Sirkka Oikarinen	FIN	1959	1Lahti	05 10 1985
1:47:15.8	Sirkka Oikarinen	FIN	1959	1Raisio	29 09 1984
1:48:18.6	Susan Liers	USA	11 11 1958	1Kings Pt.	20 03 1977
1:54:36.8	Margareta Simu	SWE	1953	1Vasteras	05 10 1974
1:57:23.2	Karin Moller	DEN	1950	1Sdr. Omme	20 10 1973
1:58:37.8	Margaret Billingsley-Lewis	GBR		1Sotteville	15 09 1971
1:59:43.0	Jeanne Bocci	USA	1943	1Columbus	09 02 1969

## Women's 20 Kilometers Walk Record Progression Road

Time	Athlete	Nation	Birthdate	Location	Date
1:24:50	Olimpiada Ivanova	RUS	05 05 1970	1Adler	04 03 2001
1:25:18	Tatyana Gudkova	RUS	23 12 1978	1Moskva	19 05 2000
1:27:30	Nadezhda Ryashkina	RUS	22 01 1967	1Adler	07 02 1999
1:27:30	Hongyu Liu	CHN	11 01 1975	1Beijing	01 05 1995
1:29:40	Kerry Saxby-Junna	AUS	02 06 1961	1Vornarno	13 05 1988
1:32:51	Kerry Saxby-Junna	AUS	02 06 1961	1Canberra	14 06 1987
1:33:29	Kerry Saxby-Junna	AUS	02 06 1961	1Canberra	13 07 1985
1:36:19	Sally Pierson	AUS	1963	1Melbourne	15 07 1984
1:36:23	Susan Orr/Cook	AUS	1958	1Canberra	07 07 1984
1:36:36	Susan Orr/Cook	AUS	1958	1Melbourne	19 12 1982
1:39:31	Susan Orr/Cook	AUS	1958	1Melbourne	20 12 1981
1:41:42	Susan Orr/Cook	AUS	1958	1Melbourne	03 02 1980
1:43:20	Thorill Gylde	NOR	1958	1Mixhuca	23 04 1978
1:43:38	Lillian Harpur	AUS	1948	1Adelaide	16 07 1977
1:47:10	Margareta Simu	SWE	1953	1Copenhagen	22 09 1973

1:51:05	Irma Hansson	SWE	1935	1Copenhagen	12 10 1969
1:53:46	Karin Moller	DEN	1950	1Copenhagen	27 10 1968
1:54:30	Irma Hansson	SWE	1935	1Copenhagen	22 10 1967
1:57:26	Irma Hansson	SWE	1935	1Copenhagen	27 10 1963
1:57:35	Marie van Tonder	RSA		1Capetown	28 07 1962
1:59:02	Lina Aebersold	SUI		1Zurich	09 06 1934
2:14:07	Antonie Odvarkova	TCH		1Prague	04 09 1932
2:24:00	Antonie Brixiova	TCH		1Prague	06 09 1931

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Compiled by Richard Harper



**1932 Olympic 50 Km Racewalk in Los Angeles.** The picture is from a set of tobacco cards issued in Germany entitled "Olympia 1932". Cheryl Rellinger found them offered on E-Bay, printed this one and one of England's Tommy Green, the winner, and was kind enough to send me copies. Can anyone identify any of the athletes?

163 Henri Quinric, France; 269 Joannis Moralis, Greece; 262 Francisco Prelli, Italy; 65 Henry Corman, Canada; 98 Tommy Green, England; 268 Ugo Frigerio,