

34th Annual ORW Rankings

Beginning in 1970, the Ohio Racewalker compiled annual rankings of the world's best racewalkers at 20 and 50 Km, based on their season-long efforts. The early rankings were male exclusive--not because of any sexism on our part, but simply because there wasn't enough going on in women's walking to justify such rankings. So, it was not until 1979 that we added the women--at 5 and 10 Km, the primary distances then. The women's 5 Km rankings were dropped in 1985 as the 10 became the primary international distance. That switched to 20 Km in 1999.

In 1972, we added rankings for U.S. men at 20 and 50. The U.S. women also entered the rankings in 1979.

The ORW rankings are based on the consensus opinion of your editor--arbitrary, but based on the year's performance. All gripes are accepted, but once in type, the rankings are most unlikely to change. Enjoy.

2003 World 20 Km Rankings--Women

- | | |
|--|---|
| 1. Yelena Nikolayeva, Russia
1:26:22 (1) European Cup 5/18
1:27:25 (1) La Coruna 6/7
1:26:52 (1) World Champ. 8/24 | 5. Claudia Staf, Romania
1:29:09 (5) World Champ. 8/24 |
| 2. Gillian O'Sullivan, Ireland
1:29:55 (1) Tijuana 3/8
1:27:22 (1) Sesto San Giovanni 5/1
DQ European Cup 5/18
1:28:28 (2) La Coruna 6/7
1:29:22 (1) Dublin 7/12
1:27:34 (2) World Champ. 8/24 | 6. Rossella Giordano, Italy
1:32:07 (7) Sesto San Giovanni 5/1
1:31:10 (12) European Cup 5/18
1:29:14 (6) World Champ. 8/24 |
| 3. Valentian Tsybulskaya, Belarus
1:31:06 (5) Sesto San Giovanni 5/1
1:32:03 (9) La Coruna 6/7
1:28:19 (3) World Champ. 8/24 | 7. Elisabetta Perrone, Italy
1:34:30 (6) Tijuana 3/8
1:30:25 (1) Rio Maior 4/5
1:27:58 (2) European Cup 5/18
1:29:29 (4) La Coruna 6/7
DNF World Champ. 8/24 |
| 4. Tatyana Gudkova, Russia
1:29:25 (6) Adler 3/1
1:28:37 (1) Cheboksary 6/15
1:28:53 (4) World Champ. 8/24 | |

The Ohio Racewalker is published monthly in Columbus, Ohio. Subscription rate is \$12.00 per year (\$15.00 outside the U.S.) Editor and Publisher: John E. (Jack) Mortland. Address all correspondence regarding both editorial and subscription matters to: Ohio Racewalker, 3184 Summit St., Columbus, OH 43202. E-mail address: jmortlan@columbus.rr.com. 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 material received by then may get in.

8. Susanna Feitor, Portugal

1:32:10 (1) Grandola 1/25

1:32:24 (3) Tijuana 3/8

1:34:27 (5) Rio Maior 4/5

1:30:17 (3) Sesto San Giovanni 5/1

1:29:08 (5) European Cup 5/18

1:29:47 (6) La Coruna 6/7

1:30:15 (9) World Cup 8/24

9. Anthanasia Tsoumeleka, Greece

1:29:34 (7) World Champ. 8/24

10. Melanie Seeger, Germany

1:29:44 (1) Naumburg 4/13

1:30:41 (9) European Cup 5/18

1:29:44 (8) World Champ. 8/24

Nikolayeva left no doubt about No. 1—undefeated, wins in the two major championships plus another Challenge race, and the two fastest times in the world for the year. She has been in and out of the rankings since 1987 and had a second place ranking at 10 Km as far back as 1988. She was ranked number one at 10 in both 1995 and 1996. Her previous best ranking at 20 was third last year. . .Likewise, O'Sullivan is unchallenged in second. Three firsts and two seconds in the three races she finished, losing only to Nikolayeva, certainly overcome her DQ in the Euro Cup. . .The next four, just as the first two, are in order of their World Championships finish. After two so-so races, Tsybul'skaya dominated the rest of the field in that race. . .Perrone, while she did not finish at the Worlds, was very impressive in her second place at the Euro Cup and had strong races at Rio Maior and La Coruna. . .Feitor gets the nod for eighth over her two World Championship conquerors off her persistence and consistency in walking what may be some sort of record for the number of high-level 20s in a year, one more than O'Sullivan who was also very active. And, she beat Seeger rather decisively in the European Cup race.

2003 World 20 Km Rankings--Men

1. Jefferson Perez, Ecuador

1:23:12 (1) Pan Am Cup 3/16

1:20:47 (3) Sesto San Giovanni 5/1

1:23:06 (1) Pan Am Games 8/5

1:17:21 (1) World Championships 8/23

2. Francisco Hernandez, Spain

1:19:08 (2) Tijuana

1:19:25 (1) Sesto San Giovanni 5/1

1:19:48 (1) European Champ. 5/18

1:24:10 (10) Spanish Champ. 8/2

1:18:00 (2) World Champ. 8/23

3. Roman Rasskazov, Russia

1:18:07 (3) World Champ. 8/23

4. Noe Hernandez, Mexico

1:20:53 (4) La Coruna 6/7

1:18:14 (4) World Champ. 8/23

5. Robert Korzeniowski, Poland

1:19:11 (3) Tijuana 3/8

1:19:48 (2) Sesto San Giovanni 5/1

DNF European Cup 5/18

1:19:56 (1) La Coruna 6/7

1:22:21 (1) Polish Champ. 7/4

6. Ivan Trotskiy, Belarus

1:22:46 (5) Sesto San Giovanni 5/1

1:20:41 (3) La Coruna 6/7

1:19:40 (6) World Champ. 8/23

7. Luke Adams, Australia

1:26:16 (1) Canberra 2/23

1:29:35 (1) Sydney 3/22

1:23:22 (10) Brisbane 4/16

1:22:51 (6) Sesto San Giovanni 5/21

1:23:12 (12) La Coruna 6/7

1:19:35 (5) World Champ. 8/23

8. David Marquez, Spain

1:24:10 (11) Sesto San Giovanni 5/1

1:21:41 (6) European Cup 5/18

1:24:56 (2) Spanish Champ. 8/2

1:19:46 (7) World Champ. 8/23

9. Ilya Markov, Russia

1:20:05 (1) Adler 3/1

1:21:29 (5) European Cup 5/18

1:20:14 (8) World Champ. 8/23

10. Joao Vieira, Portugal

1:24:09 (7) Tijuana 3/8

1:23:18 (3) Rio Maior 4/5

1:21:01 (4) European Cup 5/18

1:20:30 (2) La Coruna 1:20:30

1:22:07 (17) World Champ. 8/23

Jefferson Perez finally regains the top spot in the rankings, a spot he held in 1996 after winning Olympic gold. He has been second three times since, including last year when Francisco Fernandez edged him out of the top spot. This year, Perez left no doubt as he destroyed Fernandez and the rest of the field over the final stages of the World Championship race. . .Roman Rasskazov and Noe Hernandez were close to Fernandez at the Worlds and get the next two spots. . .Korzeniowski, who, not surprisingly chose the 50 at the Worlds, had an impressive record marred only by his decision to abandon the European Cup race while contending for the title. He beat both Perez and Hernandez during the season and is a solid fifth in the rankings. . .Trotskiy gets the nod over Adams who he beat twice leading up to the Worlds, where they were just 5 seconds apart. . .Marquez and Markov got the next two spots at the Worlds and both had strong European Cup races. . .Vieira faltered at the Worlds, but beat both Marquez and Markov at the European Cup and had a strong race at La Coruna.

2003 World 50 Km Rankings--Men

1. Robert Korzeniowski, Poland

3:36:03 (1) World Champ. 8/27

2. German Skurygin, Russia

3:47:50 (1) European Cup 5/18

3:36:42 (2) World Champ. 8/27

3. Andreas Erm, Germany

3:43:53 (1) Naumburg 4/13

3:37:46 (3) World Champ. 8/27

4. Aleksey Voyevodin, Russia

3:48:43 (2) European Cup 5/18

3:38:01 (4) World Champ. 8/27

5. Denis Nizhegorodov, Russia

3:43:27 91) Cheboksary 6/16

3:38:23 (5) World Champ. 8/27

6. Nathan Deakes, Australia

3:39:42 (1) Australia 12/6

7. Jesus Garcia, Spain

3:46:03 (2) Spanish Champ. 2/16

3:46:46 (1) Tijuana 3/9

3:43:56 (6) World Champ. 8/27

8. Roman Magdziarczyk, Poland

3:44:53 (7) World Champ. 8/27

9. Trond Nymark, Norway

3:46:49 (30) Naumburg 4/13

3:46:14 (8) World Champ. 8/27

10. Sergey Korepanov, Kazakhstan

3:49:42 (4) Naumburg 4/13

3:47:42 (9) World Champ. 8/27

Korzeniowski's one race--a world championships and world best--left no doubt about No. 1. That's four years in a row at the top for the Pole and six times in the last eight years. He was ranked

second in 1997 and unranked in 1999, when he was DQ'd at the World Championships. He was also ranked fifth in 1992, seventh in 1994, and third in 1995, not to mention a No. 1 at 20 Km in 2000 and six other top ten rankings at that distance. . . Nathan Deakes with his late-season race is difficult to rank, but I choose to put him sixth ahead of other WC finishers several minutes slower.

2003 U.S. 20 Km Rankings--Women

1. Michelle Rohl
1:34:31 (1) US Champ. 6/21
2. Joanne Dow
1:34:58 (2) US Champ. 6/21
1:35:48 (3) Pan Am Games 8/6
1:36:32 (24) World Champ. 8/24
3. Teresa Vaill
1:37:23 (1) Haupagge 5/25
1:36:39 (3) US Champ. 6/21
1:38:34 (1) Haupagge 10/19
4. Amber Antonia
1:58:19 (6) Kenosha 5/17
1:39:56 (4) US Champ. 6/21
1:42:45 (8) Pan Am Games 8/6
5. Sam Cohen
1:44:57 (7) Pan Am Cup 3/15
1:42:39 (2) Kenosha 5/17
1:40:34 (5) US Champ. 6/21

6. Susan Armenta
1:43:20 (19) Tijuana 3/8
1:49:03 (11) Pan Am Cup 3/15
1:40:34 (6) US Champ. 6/21
7. Jolene Moore
1:46:52 (9) Pan Am CU 3/15
1:39:50 (1) Kenosha 5/17
1:41:10 (7) Us Champs 6/21
8. Bobbi Jo Chapman
1:45:58 (8) Pan Am Cup 3/15
1:44:20 (1) Yellow Springs 4/12
1:41:21 (8) US Champs 6/21
9. Anne Favolise
1:46:29 (2) Kenosha 4/2
1:46:12 (3) Kenosha 5/17
1:45:47 (9) US Champs 6/21
10. Cheryl Rellinger
1:46:29 (1) Augusta 2/15
1:54:54 (27) Tijuana 3/8
1:47:27 (10) Pan Am Cup 3/15
1:53:01 (10) US Champs 6/21

The rankings turn out to be the same as the finish order in the National title race, despite everyone but Rohl walking two or three other races. Both Dow and Vaill supported their finishes in the Nationals with other quality races, but not enough to consider putting them ahead of Rohl with her single race—for the National title. . . Rohl has now topped the rankings in four of the five years for 10 km rankings. (Prior to 1999, the women's international distance was 10 Km.) She finished last year when she was returning from childbirth and finished sixth in her only race—the nationals. Michelle also topped the 10 Km rankings three times before the switch. Dow was number one last year and also ranked first at 10 Km one time. Teresa Vaill, who celebrated her 41st birthday on November 20, first appeared in the U.S. Rankings in 1982, when she was second at both 5 and 10 Km. She has been out of the rankings only three times since, mostly in the top five, with a number one in 1993.

2003 U.S. Women's 20 Km List

- 1:34:31 Michelle Rohl
1:34:58 Joanne Dow

- 1:36:29 Teresa Vaill
1:39:50 Jolene Moore

- | | |
|----------------------------------|------------------------|
| 1:39:56 Amber Antonia | 1:52:27 Lisa Sonntag |
| 1:40:04 Sam Cohen | 1:52:37 Kerry Bratton |
| 1:40:34 Susan Armenta | 1:53:11 Heidi Hauch |
| 1:42:21 Bobbi Jo Chapman 1:41:24 | 1:53:48 Dee Webb |
| 1:45:47 Anne Favolise | 1:55:03 Sarah Perry |
| 1:46:29 Cheryl Rellinger 1:46:05 | 1:55:16 Erin Taylor |
| 1:46:29 Robyn Stevens | 1:56:11 Daine Webb |
| 1:51:33 Loretta Schuellein | 1:58:58 Margaret Govea |
| 1:51:43 Carolyn Kealth | 1:59:14 Maria Michta |
| 1:51:53 Amanda Bergeron 1:49:51 | 1:59:15 Sara Sheets |
| | 1:59:52 Lee Chase |

2003 U.S. 20 Km Rankings--Men

- | | |
|--|---|
| 1. Kevin Eastler
1:29:29 (25) Tijuana 3/8
1:25:34 (5) Pan Am Cup 3/16
DQ San Sesto Giovanni 5/1
1:23:53 (1) US Champ. 6/28
1:22:25 (18) World Champ. 8/24 | 7. Sean Albert
1:29:25 (24) Tijuana 3/8
1:27:42 (11) Pan Am Cup 3/16
DNF US Champ. 6/20 |
| 2. Tim Seaman
1:25:35 (12) Tijuana 3/8
1:25:24 (4) Pan Am Cup 3/16
1:24:48 (2) US Champ. 6/20
1:33:24 (7) Pan Am Games 8/5 | 8. Dave McGovern
1:33:46 (1) Augusta, Ga. 2/15
1:39:32 (14) Pan Am Cup 3/16
1:33:31 (1) Huntington Beach 3/23
1:32:25 (8) US Champ. 6/20
1:31:51 (1) Haumpag 10/19 |
| 3. John Nunn
1:27:00 (19) Tijuana 3/8
1:32:13 (17) Pan Am Cup 3/16
1:27:43 (20) San Sesto Giovanni 5/1
1:25:16 (3) US Champ 6/20
1:35:34 (8) Pan Am Games 8/5 | 9. Al Heppner
1:32:33 (2) Kenosha 5/17
1:32:23 (7) US Champ. 6/20 |
| 4. Curt Clausen
1:30:45 (15) Pan Am Cup 3/16
1:26:30 (4) US Champ. 6/20 | 10. Theron Kissinger
1:33:25 (9) US Champ. 6.20 4/2 |
| 5. Philip Dunn
1:28:18 (5) US Champ. 6/20 | |
| 6. Ben Shorey
1:32:47 (1) Kenosha 4/2
1:27:26 (1) Kenosha 5/17
1:28:59 (6) US Champ. 6/20
DQ Dublin 7/12 | |

Seaman beat Eastler in two early races, but Kevin won the big one--the national title race--decisively, and then became the second fastest U.S. walker ever with his brilliant World Championship effort to sew up the top ranking. . . The next five spots follow the finish order of the National. Albert didn't finish that race, but had two very good races earlier to get the seventh spot. . . The veteran McGovern ranks ahead of his National's conqueror, Heppner off his full slate of good races. . . The final two again follow placing in the Nationals.

2003 U.S. Men's 20 Km List

1:22:25 Kevin Eastler
1:24:48 Tim Seaman
1:25:16 John Nunn
1:26:31 Curt Clausen
1:27:26 Ben Shorey
1:27:42 Sean Albert
1:28:18 Philip Dunn
1:31:34 Matt Boyles
1:31:51 Dave McGovern
1:32:23 Al Heppner
1:32:44 Steve Quirke
1:33:25 Theron Kissinger
1:34:20 Mike Tarantino

1:34:42 Mark Green
1:35:04 Mike Stanton
1:38:27 Jim Robinson
1:40:54 Bill Vayo
1:41:33 Matt DeWitt
1:42:05 Eric Pasko
1:42:12 John Soucheck
1:43:35 T. C. DeWitt
1:43:38 Rod Craig
1:44:27 Steve Pecinovsky
1:45:11 Gary Morgan
1:46:06 Keith Luoma

Allen Dunn 1:37:05
1:34:45
1:41:43 Mark Green
1:42:09 Dave Doherty
1:44:56 Joe Mierowski
1:45:57 Nick Bdera
Corrected in Jan. issue

2003 U.S. 50 Km Rankings--Men

1. Curt Clausen
DNF Tijuana 3/9
DNF Naumburg 4/13
4:08:36 (1) Hauppagge 5/28
DQ World Champ. 8/27
4:29:32 (1) US Champ. 10/16

2. Philip Dunn
4:15:08 (4) Tijuana 3/9
4:25:49 (5) Pan Am Games 8/8

3. Sean Albert
4:20:02 (2) Hauppagge 5/25
DQ Pan Am Games 8/8

4. Dave McGovern
4:31:30 (4) Naumburg 4/13

5. Gary Morgan
4:36:30 (2) US Champ. 10/19

6. Ben Shorey
4:37:49 (3) US Champ. 10/19

7. Steve Quirke
4:39:11 (4) US Champ. 10/19

8. John Soucheck
4:46:45 (3) Hauppagge 5/25
4:40:14 (5) US Champ. 10/19

9. Dave Doherty
4:51:03 (4) Hauppagge 5/25
4:42:11 (6) US Champ 10/19

10. Nick Bdera
4:44:10 (7) US Champ. 10/19

Clausen certainly didn't have one of his best seasons with two DNFs and one DQ, but he did win the National title and register the fastest time of the year. Thus, he earns the number one spot. . . The next three did not compete in the National race, but were impressive enough in other races to

earn their rankings. . . From there, finishing place in the National title race was the determining factor.

2003 U.S. Men's 50 Km List

4:08:36 Curt Clausen
4:15:01 Philip Dunn
4:20:02 Sean Albert
4:31:30 Dave McGovern
4:36:30 Gary Morgan
4:37:43 Ben Shorey
4:39:11 Steve Quirke
4:40:14 John Soucheck
4:42:11 Dave Doherty

4:44:10 Nick Bdera
4:54:00 Ed Parrot
4:58:10 Theron Kissinger
5:04:11 Rod Craig
5:09:26 Bill Vayo
5:11:22 Vlado Haluska
5:14:16 Doug Johnson
5:17:46 Max Walker
5:28:13 Michael Bartholomew

5:20:03

Some results

Indoor 1 Mile, Cambridge, Mass., Dec. 13--1. Carly Lochala (16) 8:05.47 2. Mark Denett (18) 8:06.15 3. Kate Dickinson (18) 8:19 4. Lauren Forgues (15) 8:27 5. Jessie Smith (16) 8:28 6. Bill Harriman (56) 8:32 7. Charlie Mansbach (59) 9:40 (10 finishers) **5 Km, New York City, Nov. 30**--1. Ruben Pinera 21:58 2. Nick Bdera (55) 24:18 3. Vyacheslav Troshkin (55) 26:44 4. Tim Davidson (16) 28:03 5. Mike Bartholomew 28:20 6. Alexis Davidson (48) 28:26 7. Bob Barrett (69) 28:29 8. Maria Michta (17) 28:49 9. David Wolf (44) 29:36 10. Dana Vered (15) 30:16 11. Shani Brown (15) 30:19 12. Jim McGrath (66) 30:31 13. Michael Roth 30:52 14. David Lee (49) 30:51 15. Brian Culley (63) 31:05 16. Allison Snochowski (13) 32:07 17. Erin Taylor 32:58 18. Anne Marie Kunz (62) 33:07 (41 finishers) **5 Km, New York City, Dec. 7**--1. Nick Bdera (55) 27:29 2. Bruce Logan 29:04 3. Vlado Haluska (51) 30:41 4. Alexis Davidson (48) 41:24 5. Luannes Pennesi (48) 32:37 6. Brian Culley (63) 32:40 7. Alice Tan 33:06 8. Philip Kortoon (57) 33:14 (18 finishers) **High School Indoor 1500 meters, New York City, Nov. 30**--1. Rosalin Adams 7:3045 2. Raven Pilgrim 8:34 (8 finishers) **H.S. Indoor 3 Km, Brentwood, N.Y., Dec. 14**--1. Rosalind Adams 16:07 2. Rachel Gill 16:17 3. Dana Vered 16:55 1500 meters, same place--1. Allison Snochowski 8:12.2 2. Michael Kazmierczak 8:31 (9 finishers, 1 DQ) **Georgia 10 Km, Championship, Atlanta, Oct. 26**--1. Keith Luoma (41) 50:05 2. Phil Gura (44) 61:21 3. Curtis Gourley (42) 62:12 4. Henrick Looser (64) 63:35 5. Jim Norvill (59) 64:43 (11 finishers) Women: 1. Grazina Narviliene (29) 50:28 (Keith Luoma reports she was a national class walker in her homeland--Lithuania, he thinks with a best 10 Km in th 45 min. range. He's not sure of her plans regarding either racewalking or U.S. citizenship; she would certainly have potential on our national scene should she be serious about the sport.) 2. Kim Braunstein 71:47 (6 finishers) **1 Hour, Greenville, S.C., Nov. 8**--1. Keith Luoma 12,044 meters 2. Curtis Gourley 10,200 m 3. Steve Hubbard (51) 9969 m 4. Heinz Looser (I guess the same as Henrick, above) 9684 m 5. Larry Seymour (62) 9283 6. Tony Hackney (47) 9083 m (13 finishers) Women--1. Donna Cope (46) 9241 m 2. Katherine Fincher (45) 8818 m 3. Ingrid Birkland (56) 8707 **10 Km, Coconut Creek, Fla., Nov. 23**--1. Klaus Thiedmann (49) 59:10 2. Philip Moss (48) 62:50 3. Bob Fine (72) 69:43 (6 finishers) Women--1. Linda Stein (56) 66:28 (5 finishers) **North Region 5 Km, Chicago, Sept. 27**--1. Lynn Tracy (51) 28:02 2. Ellen Veneble 28:36 3. Donna Green (51) 31:52 4. Cathy Mayfield (52) 32:54 5. Doris McGuire (54) 33:21 6.

Rebecca Gilman (60+) 33:30 (12 finishers) Men--1. Paul Regul (14) 25:28 2. Richard McGuire (55) 25:57 3. Kyle Regul (under 19) 28:05 4. Mark Sekelsky (46) 28:53 5. George Opsahl (61) 29:04 6. Michael Rose (42) 30:19 7. Ollie Nanyes (44) 30:43 8. Ron Winkler (53) 32:20 9. Dave Lingo (59) 32:42 10. Rick Daichman (52) 32:46 11. Herbert Schueler (62) 33:06 12. Alex Muster (75) 36:10 **1 Mile, Pharr, Texas, Dec. 11--1.** Chris Diaz (17) 6:52 2. Roberto Vergara (13) 7:35 3. Ricardo Vergara (13) 7:44 4. Ernesto Vergara (15) 7:58 5. Jeanette Avitia (12) 8:59 6. Corina Ortiz (13) 9:03 7. Andres Jaime (12) 9:09 8. Claudia Ortiz (10) 9:10 9. Jessica Reybal (10) 9:43 10. Elizabeth Villarreal (11) 9:54 (30 finishers) **5 Km, Pharr, Dec. 12--1.** Tim Seaman 21:33 2. Erik Tysse, Norway 21:36 3. Chris Diaz (17) 23:41 4. Alberto Medina, Puerto Rico 25:18 5. Roberto Vergara 25:37 6. Ricardo Vergara 27:23 7. Adrian Jaime (17) 29:53 8. Corina Ortiz 31:11 10. Abraham Villarreal 31:38 11. Karla Mireles 31:52 12. John Knifton (64--14 National titles in his prime years) 13. Jeanette Avitia 31:54 14. Samantha Olivarez 33:05 15. Les Bergwuist (15) 33:06 (77 finishers) **Western Regional 1 Hour, Aurora, Col., Oct. 12--1.** Ivo Majetic 11,198 meters 2. Al Leibold (46) 11,156 3. Mike Blanchard (42) 10,756 4. Ray Franks (68) 8506 (7 finishers) **5 Km, Boulder, Col., Nov. 16--1.** Mike Blanchard (42) 28:44 2. Christopher Stanley (41) 30:30 3. Rita Sinkovec (64) 30:32 5. Ray Franks (68) 30:32 6. Diane Rickard (54) 32:35 **5 Km, Brighton, Col., Nov. 22--1.** Daryl Meyers (60) 29:45 2. Sherrie Gossert (51) 33:36 **Nevada Senior Games, Las Vegas, Oct. 4: 5 Km--1.** Mark Green (45+) 24:12 2. Don Betowski (55+) 29:09 3. Dave Crabb (55+) 30:21 Women--1. Linda Adams (40+) 32:32 2. Sue Mears (45+) 32:51 **1 Hour, Kentfield, Cal., Nov. 9--1.** Kevin Killingsworth 10,930 meters 2. Jim Beckett 9825 3. Shirley Doctstader 8706 4. Garland Murphy 8617 5. Christi Elniff 8472 6. Lisa Kekuewa 8441 (15 finishers) **1 Hour, Kentfield, Nov. 27--1.** Kevin Killingsworth 10,263 2. Jack Bray 10,263 3. Steward Desmond Canning 9271 **50 Km, Santa Clara, Cal., Dec. 14--1.** Ed Parrot 4:54:00 Ray Sharp and Bill Penner, DNF--Sharp, who won 13 U.S. titles in the '80s, is attempting a comeback at age 44. He was at about 2:15 for the first 25 km, but hit the wall early in the second half and had to call it a day. Promising effort, nonetheless. **2.8 miles, Seattle, Nov. 8--1.** Bob Novak (54) 25:00 2. Stan Chraminski (56) 25:09 3. Bart Kale (47) 25:28 4. Tammy COurley 27:08 5. Ann Tuberg (43) 27:08 (7 finishers) **35 Km, Dublin, Ireland, Dec. 6--1.** Robert Heffernan 2:35:68 (1:28:03 at 20) 2. Colin Griffin 2:53:53 **20 Km, same place--1.** Jeff Cassin 1:30:45 **Women's 10 Km, same place--1.** Olive Loughnane 46:46 **World Military Games, Catania, Italy, Dec. 6-8: Women's 5 Km--1.** Elena Nikolayeva, Russia 22:11:69 2. Cristiana Pellino, Italy 22:36 3. Voha Kardapoltsave, Belarus 22:37 4. Glaudia Stef, Romania 22:37 5. Gisella Orsini, Italy 22:49 6. Daniela Carlan, Romania 23:11 7. Danielle Kirk, US 24:59 **Men's 10 Km--1.** Alessandro Gandellini, Italy 39:29:45 2. Ilya Markov, Russia 39:34 3. Ivan Trotski, Belarus 39:35 4. Ivano Brugnetti, Italy 39:43 5. Vladimir Andreev, Russia 40:32 6. Luis Harazo Lopez, Columbia 40:34 7. Maty Toth, Slovak Rep. 40:47 8. C. Fredy Hernandez, Col. 41:04 10. John Nunn, US 42:27 **50 Km, Australian World Cup Trial, Dec. 6--1.** Nathan Deakes 3:39:43 (personal best by about 5 minutes. Australian and Commonwealth record. Returning from severe hamstring injury in a big way. Fourth in the 2001 World Championship 20 Km, he certainly looms as an Olympic threat at this distance.) 2. Craig Barrett, N.Z. 3:50:34 3. Duane Cousins 4:09:43 4. Tony Sargisson, NZ 4:19:48 5. Frank Bertei 4:27:52 6. Graeme Jones, N.Z. 4:29:53 DNF--Darren Brown and Andrew Jamieson, both at sub 4 hour pace when they had to retire at about 35 Km. **Masters 3 Km, Hastings, N.Z., Dec. 6--1.** Gary Little 14:00:57 (World record for 60-64 age group) **Masters 10 Km, Hastings, Dec. 7--1.** Gary Little 50:42:5

It's Neat To Compete On Your Own Two Feet

Sat. Jan 3	Indoor H.S. 1500 meters, New York City (G)
Sun. Jan. 4	50 Km, Houston (V)
Sat. Jan. 10	2.8 Miles, Seattle, 9 am (C) 5 Km, Arvada, Col., 9 am (H)
Sun. Jan. 11	Indoor 1500 and 3000 meters, New York City (G) Indoor 1600 meters and 3 Km, Arlington, Va., 7:45 am (O) National USATF 30 Km, Chula Vista, Cal. (B)
Sun. Jan. 18	10 miles and 5 Km, Pasadena, 7:30 and 8:30 am (Y) 5 Km, Denver, 9 am (H)
Sun. Jan. 25	Indoor 1600 meters and 3 Km, Arlington, Va., 7:45 am (O) 5 Km, Denver, 9 am (H)
Fri. Jan. 30	Indoor 1 Mile, New York City (G) Indoor 3 Km, Findlay, Ohio (M)
Fri. Feb. 6	Millrose Games 1 Mile Invitational, New York City
Sun. Feb. 8	Indoor 3 Km (and possibly 5 Km, Brentwood, N.Y. (F) Indoor 1600 meters and 3 Km, Arlington, Va., 7:45 am (O) 7 Miles, Cherry Creek State Park, Col., 9 am (H)
Sat. Feb. 14	2.8 Miles, Seattle, 9 am (C) 5 Miles, Denver, 9 am (H)
Sun. Feb. 15	50 Km U.S. Olympic Trials, Chula Vista, Cal. (B)
Sun. Feb. 22	Henry Laskau 10 Km, Coconut Creek, Fla. (Q) 5 Km, Denver, 9 am (H) 5 and 10 Km, LaVerne College, Cal. (Y)
Fri. Feb. 27	National Indoor USATF Women's 3 Km, Men's 5 Km, Boston
Sun. Feb. 22	5 and 10 Km, Los Angeles (Y)
Sat. March 13	2.8 Miles, Seattle, 9 am (C)
Sun. March 14	5 and 20 Km, Los Angeles (Y)

Contacts:

A--Elliott Denman, 28 N. Locust, West Long Branch, NJ 07764
 B--Curt Clausen, USOTC, 2800 Olympic Parkway, Chula Vista, CA 91915
 C--Bev LaVeck, 511 Lost River Road, Mazama, WA 98833
 D--Bill Reed, 8242 Greenfield Shores, Scotts, MI 49088
 E--Sierra Race Walkers, P.O. Box 5221, Fair Oaks, CA 95628
 F--www.walk-usa.com or mjroth@ix.netcom.com
 G--Stella Cashman, 320 East 83rd St., New York, NY 10028
 H--Bob Carlson, 2261 Glencoe St., Denver CO 80207
 I--Legg Mason Funds First Light Marathon, 151 South Ann Street, Mobile, AL 36604
 J--Walking Club of Georgia, P.O. Box 190011, Atlanta, GA 31119
 K--Gary Westerfield, 350 Old Willets Path, Smithtown, NY 11757
 L--Diane-Graham Henry, 442 West Belden, Chicago, IL 60614
 M--Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387, 937-767-7424
 O--Sal Corrallo, 72 Creek Drive, Millsboro, DE 19966
 P--Jack Bray, Marin Racewalkers, P.O. Box 21, Kentfield, CA 94914
 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--Cheryl Sunman, 7060 North Woodnotes, Fairland, IN 46126
 T--A.C. Jaime, 621 N. 10th St, Spt. C, McAllen, TX 78501

Gandellini, Italy 1:24:43 6. Rafael Duarte, Brazil 1:25:21 7. Mikel Odriozola, Spain 1:28:23 8. Jorge Costa, Port. 1:29:04 9. Sergio Vieira, Port. 1:29:16 10. Pedro Martins, Port. 1:29:30 **Women's 20 Km, same place**—1. Elisabetta Perrone, Italy 1:30:35 2. Norica Cimpean, Romania 1:30:59 3. Sonata Milusauskaite, Lithuania 1:32:15 4. Elisa Rigaud, Italy 1:32:28 5. Susan Feitor, Port. 1:34:27 6. Carolina Jimenez, Spain 1:34:31 7. Tatiana Korotkova, Russia 1:36:37 8. Vanessa Perez, Spain 1:37:42 9. Maribel Goncalves 1:39:03 10. Vera Santos, Port. 1:41:54 **Chinese Championships, April 12-14: Men's 20 Km**—1. Zhu 1:18:43 2. Yu 1:18:56 **Men's 50 Km**—1. Yu 3:44:12 2. Wang 3:44:16 3. Bian 3:51:51 **Women's 20 Km**—1. Gao 43:23 **Women's 20 Km**—1. Song 1:27:16 (reported as World Junior Record) **Robert Korzeniowski Market's Walk Meet, Krakow, Poland June 14: Women's 5 Km**—1. Gillian O'Sullivan, Ireland 20:11 (Misses World's best ever on the road by 6 seconds) 2. Yelena Nikolayeva, Russia 20:16 3. Elisabetta Perrone, Italy 20:40 4. Kjersti Platzer, Norway 20:44 5. Melanie Seeger, Germany 20:48 6. Valentian Tsybulskaya, Belarus 21:16 7. Zuzana Malikova, Slovakia. 21:51 8. Eva Perez, Spain 21:53 9. Anna Szumny, Poland 22:05 10. Sylwia Korseniowska, Poland 22:08 (Robert's sister) **Men's 10 Km**—1. Robert Korzeniowski 38:47 2. Ivan Trotskiy, Belarus 38:55 3. Aigars Fadejevs, Latvia 39:01 4. Yevgeniy Misyulya, Belarus 39:31 5. Jiri Malysa, Czech Rep. 39:39 6. Jorge Silva, Spain 39:48 7. Benjamin Kucinski, Poland 40:37 8. Roman Magdziarczyk, Poland 41:18 9. Erik Tysse, Norway 41:32 10. Craig Barrett, New Zealand 42:09 11. Jesus Garcia, Spain 43:00 **5 Km, Biala Podlaska, Pol., May 31**—1. Robert Korzeniowski 19:22:57 2. Grzegorz Sudol 20:20 **Women's 3 Km, same place**—1. Sylwia Korseniowska 12:45:39 2. Anna Szumny 13:24 3. Agnieszka Olesz 13:37 **Junior 5 Km**—1. Rafal Augustyn, Poland 20:30 2. Jakub Jelonek, Pol. 21:04 (Looks like Robert attracted a pretty good group to his little market party.) **20 Km, Turku, Finland, June 1**—1. Julio Martinez, Guatemala 1:24:49 2. Milos Barovsky, Slovakia 1:27:20 3. Andy Drake, Great Britain 1:29:14 **Women**—1. Teresita Cullado, Guat. 1:43:06 2. Outi Sillanpaa 1:43:34 **15 Km, Taranaki, New Zealand, June 18**—1. Gary Little 1:19:56 (Reported as World best for age 60-64 group, but note above that Don DeNoon had 1:19:44 two weeks earlier in Evansville at the National 15)

2002 National Postal 1 Hour

Results of the 2002 National Postal 1 Hour race have been released by the sponsoring Shore AC, and here they are. There were 284 total competitors, 10 fewer than in 2001, but they covered a total of 2,701,592 meters, about 15000 meters more than in 2001. Event records went to Paul Regul of the Chicago Racewalker who bettered Kevin Eastler's 11-14 year old record of 10,820 with 11,022; Jack Bray, who went 10,281 in the 70-74 age bracket, 82 meters beyond Jack Starr's record; and Walt Scully of the Carolina Racewalking Club with 7335 meters to better Harry Drazin's 85-89 mark of 6891.

In the team race, both the New Balance team of Philip Dunn, Sean Albert, and Theron Kissinger (39,246) and the NYAC team of Tim Seaman, Curt Clausen, and Gary Morgan (39,150) bettered Potomac Valley's former record of 39,054. New Balance also set a new women's record with Susan Armenta, Jill Cobb, and Deb Huberty covering 35,475 meters, 575 meters beyond Potomac Valley's former mark. And, in Men's 70-79 Marin AC, with Jack Bray, Peter Corona, and Tom Fellenz went 27,198 meters for a new record.

Races were held on tracks across the country and throughout the year, with results submitted to the Shore AC for compilation of the results. The results include many "en route" performances by elite walkers in the National 20 km at Stanford, and list quite a few marks of exactly 10,000 meters by competitors in the Junior Nationals and Penn Relays; athletes who would have gone much further in a full hour. Paul Johnson and Jack Bray were able to show well in two 5-year

divisions by having mid-year birthdays and contesting races in both halves of the year. Marin Racewalkers led in total entries (35).

The 2003 race is in full swing. Submit your results (on a properly surveyed track with at least three certified judges) to Elliot Denman, 28 North Locust Avenue, West Long Branch, NJ 07764. And kudos to Elliott for organizing and managing this effort for many years.

And the results:

Boys 11-14: Paul Regul, Chicago Walkers 11,022 2. Jared Swehosky, Salem (Ore.) TC 10,600
Boys 15-19: 1. Joseph Trapani, Walk USA 11,892 2. Terran Swehosky, Salem TC 10,815 3. Jake Dalebout, Utah Walkers; Jerry Dalebout, Utah Walkers; Zach Pollinger, NJ Striders; Jonathan Chasse, Maranacook; Mark Dennett, Main RW; Adam Staier, Maine RW; and Mike Tarantino, un., all 10,000 (11 finishers) **Men's Open:** 1. Tim Seaman, NYAC 13,700 2. Al Heppner, US Army 13,530 3. John Nunn, US Army 13,482 4. Kevin Eastler, US Air Force 13,480 5. Philip Dunn, New Balance 13,480 6. Curt Clausen, NYAC 13,450 7. Sean Albert, New Balance 13,321 8. Matt Boyles, Rio Grande U. 13,105 9. Steve Quirke, UW Parkside 12,685 10. Alan James, Park RW 12,685 11. Theron Kessinger, New Balance 12,625 12. Mike Stanton, UW Parkside 12,235 13. Dave McGovern, New Balance 12,235 14. Sasha Sbymko, Carolina RWC 12,223 15. Dan O'Brien, Pegasus AC 12,083 16. Rod Craig, Pegasus 12,070 17. Dave Doherty, Potomac Valley 12,010 18. John Soucheck, Shore AC 12,002 19. Keith Luoma, Atlanta TC 11,716 20. Pablo Gomez, Chicago Walkers 11,587 21. Nick Bdera, East Side 11,495 22. Joe Nieroski, Easy Striders 11,469 23. Leon Jasionowski, Pegasus 11,456 24. Pat Detloff, Racewalkers NW 11,147 25. Paul Regul, Chicago Walkers 26. Ed Parrot, West Valley TC 10,831 27. Benjamin Storey, UW Parkside; Matt DeWitt, UWP; Jim Heys, UWP; Jim Robinson, Rio Grande; and Bobby Kemp, Lindsey Wilson, all 10,000. **Men 40-44:** 1. Morgan 2. Luoma 3. Nieroski 4. Mike Blanchard, Front Range 10,537 5. Ken Lampar, Pegasus 10,223 6. Cliff Mimm, Shore AC 10,000 7. Wilson Crone, Upstate Walkers 9740 8. Curtis Gourley, un. 9628 9. Stewart Canning, Marin RW 9601 10. Michael Pipiani, Upstate Walkers 9607 (13 finishers) **Men 45-49:** 1. Joe Berendt, Sierra RW 10,712 2. Kevin Killingsworth, Marin RW 10,571 3. Shawn Fredericks, Park Walkers 10,456 4. Mike Feiling, Florida AC 10,228 5. Doug VerMeer, Racewalkers NW 10,186 6. Pedro Santoni, Southern Cal 10,184 7. Col. Steve Pecinovsky, US Air Force; Dave Lawrence, Niagara Walkers; and Vince Peters, Miami Valley TC, all 10,000 10. Mario Lopez, WCLA 9915 11. Rick Austin, un. 9688 12. Jerry Young, RW St. Louis 9268 (14 finishers) **Men 50-54:** 1. Bdera 2. Detloff 3. Bill Reed, Pegasus 11,079 4. Stan Chraminski, Pacific Pacers 10,752 5. Ray Funkhouser, Shore AC 10,694 6. Bob Novak, Racewalkers NW 10,607 7. Rob Frank, Racewalkers NW 10,447 8. Shoja Torabian, Marin RW 10,381 9. Tom Quattrocchi, Shore AC 10,072 10. Dick VanBenthuyssen, Shore AC 9340 (14 finishers) **Men 55-59:** 1. Jasionowski 2. Jack Lach, Shore AC 10,585 3. Gary Null, Natural Living 10,412 4. Lon Wilson, East Side 9692 5. Howard Timms, Chicago Walkers 9590 6. Ed Flint, Sierra RW 9086 7. Dan Koch, Florida AC 8957 (12 finishers) **Men 60-64:** 1. Paul Johnson, Florida AC 10,194 2. James Beckett, Marin RW 9783 3. Bob Nyman, Easy Striders 9735 4. Bob Cella, Florida AC 9732 5. Seth Kaminsky, un. 9564 6. Dr. Patrick Bivona, Shore AC 9555 7. Heinrich Looser, Carolina RWC 9552 8. Manny Eisner, Shore AC 9146 9. Jim Scheller, Marin RW 9115 10. Stu Kinney, Golden Gate RW 9074 11. Alan Ede, Southern Cal. 9041 12. Stuart Ray, SC 8793 13. Larry Seymour, Carolina RWC 8721 14. Carl Kane, Shore AC 8714 15. Joe Lipman, Marin RW 8650 16. Ralph Edwards, Shore AC 9539 (20 finishers) **Men 65-69:** 1. Paul Johnson, Florida AC 10,670 2. Jack Bray, Marin RW 10,497 3. Jim McGrath, Walk USA 9926 4. Bob Barrett, Park RW 9827 5. Lee Duffner, Florida AC 9619 6. Ed Lane, Marin RW 9228 7. Ben Ottmer, Shore AC 9083 8. Carl Acosta, WCLA 9013 9. Bob Davis, Pegasus 8842 10. Arvid Rolle, Easy Striders 9768 11. Lee Hoffman, RW St. Louis 8708 12. Dr. John Shilling, Walk USA 8544 13. Carl Angevine, Pegasus 8509 (17 finishers) **Men 70-74:** 1. Jack Bray, Marin RW 10,281 2. Jack Starr 9546 3. Peter Corona, Marin RW 9344 4. Bill Moremen, Southern Cal. 9013 5. Gerry Gomes, Florida AC 9005 6. Ron MacPike, Racewalkers NW 8908 7.

An All-Time Great

Sweden's John Ljunggren won the Olympic gold medal at 50 Km in the 1948 London Olympics, covering the distance in 4:41:52. Four years later, in Helsinki, he manged just ninth place in 4:43:45.2, but he came back strongly in Melbourne in 1956, taking third in 4:35:02, where he was also fourth at 20 Km in 1:32:24. Although he was 41 years old by the time of the 1960 Olympics in Rome, he continued to improve and took second to England's Don Thompson in 4:25:47, beating Italy's Abdon Pamich by just 8 seconds. Again, he doubled, finishing seventh in the 20 in 1:37:59. Four years later, he was still at in Tokyo, finishing 19th in the 20 with 1:37:03 (your editor finally collared him just after the 15 km mark and managed to finish 28 seconds ahead of him in 17th) and 16th in the 50 with 4:29:09 at age 45 (Pamich got gold in that one with Thompson in 10th). Quite a career. And what did he do to keep himself near the top all those years? The following is from Frank McGuire's 1962 book "Training for Race Walking" in which the author included capsule sketches of how many of the world's best walkers of that time trained.

JOHN LJUNGGREN

Born: Forsheda, September 19, 1919. Height: 5 ft 10 1/2 in. Weight: 133 lbs.

Trains the same for all distances; running and gymnasium form a large part of his pre-season training; believes that to be a good walker, a man must be in good condition. This condition is gained by hard pre-season (winter) training. Racing in Sweden takes place in the summer months. Eats lightly before racing. During 50 kilometer race eats orange and drinks warm water with honey, grapesugar, and lemon. Other sport—a little skiing and running.

Trains mostly alone, but sometimes with his brother. Has no coach and does very little weight lifting.

"For a couple of nights a week my training consists completely of running, and quite often on other nights after some running, I walk 8 to 10 km. When I come to a hill, I try a little harder and sometimes make sharp bursts on the flat." Seldom trains on the track.

"At the start of my training, I also do some gymnastics. During the training, I also do some gymnastics. I often give various degrees of effort and never stop moving before the whole of the training period is completed. I then shower and a couple of times a week take a bastu (Swedish dry heat bath with temperature of 240 F or higher)."

Footnote: John Ljunggren must be an inspiration to his fellow walkers in Sweden. His three Olympic medals prove that, in addition to his remarkable stamina, he also possesses a fair style, particularly suitable for long distance.

LOOKING BACK

35 Years Ago (From the Dec. 1968 ORW)—Chuck Newell, unheard of for 6 months, came striding out of limbo to win the annual New Year's Eve Handicap in these parts. It was held this time on the road course at Worthington H.S., and since it was easier to go four full laps rather than worrying about a different finish line, particularly in the dark, the usual 6 miler became 6 miles 536 yards. Given an 8-minute start 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. (Five years ago, Newell strolled out of limbo again for some ultra-distance races and may be seen yet again when he recovers from knee surgery.) . . . Gerry Willwerth won the National Junior 35 Km in Columbia, Missouri in 3:36:14. (For the non old-timers among you, junior in those days still designated races for those who had never won a national title—junior or senior—having nothing to do with age. Don't ask me why the term "novice" wasn't used for these events, but, regardless of that, there were no age groups—at either end of the age spectrum—in those days of long ago.)

30 Years Ago (From the Dec. 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 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.

25 Years Ago (From the Dec. 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 slain 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.

20 Years Ago (From the Dec. 1983 ORW)—In our 13th Annual World Rankings, Josef Pribilinec, Czechoslovakia; Ernsto Canto, Mexico; and Anatoiloy 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 Yartukina, 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 US 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. (Yes, the same Teresa Vaill ranked third at 20 this year.)

15 Years Ago (From the Dec. 1988 ORW)—Pribilinic, 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, USSR. Her countrywomen Yelena Nikolayeva and Natalia Spirodonov were second and third. (Yes, the same Nikolayeva that is ranked at the top this year.) In the 50, the top three were Vyatcheslav Ivanenko, USSR; Weigel; and Hartwig Gauder, GDR. . . In the US 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 Novemver 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 Gracaiela 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. Mercenario was followed by Ernesto Canto (Mex.), Guillaume Leblanc (Can.), and Tim Lewis. 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).

10 Years Ago (From the Dec. 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, after passing the 10 Km mark in 42:54. . .China's Li Mingcai did 50 Km in 3:49:17 in Beijing in September.

5 Years Ago (From the Dec. 1998 ORW)--Italian women were one and three in the ORW Annual World Rankings for the women's 10 Km. Anna Rita Sidoti and Erica Alfridi bracketed second place Nadezhda Ryashkina, Russia. The U.S. rankings saw Joanne Dow, Michelle Rohl, and Debbi Lawrence in the first three spots. The top three men in the World Rankings were Ilya Markov, Russia; Jefferson Perez, Ecuador; and Aigars Fadejevs, Latvia at 20; Robert Korzeniowski, Poland; Miguel Rodriguez, Mexico, and Valentin Kononen, Finland at 50. Tops in the U.S. were Curt Clausen, Andrew Hermann, and Tim Seaman at 20, and, in different order, Clausen, Seaman, and Hermann at 50. . .Chinese athletes swept the Asian Games racewalks--Hongyu Liu in 43:57.28 for the women's 10, Guohoi Yu 1:20:25 for the men's 20, and Yinhang in 3:59:27 for 50. The Australian 50 Km was won by Dion Russell in 3:47:34.

*The Ohio Racewalker
extends to all our
readers warm wishes
for the Holiday
season and for a
most Happy and
Prosperous New Year.*

The Great John Ljunggren in action (see page 12).

