

Two Old Dudes, One Old Dudess Rule the Roost at 15 Km

Minneapolis, August 20—A great day for the vets at the USATF National 15 Km Racewalk Championship held here today. The men's title went to 46-year-old Ray Sharp and the women's to 43-year-old Teresa Vaill. Not to be outdone, Mark Green, 50, was second in the men's race. With men and women walking together, Sharp and Vaill had a race long dual, with Teresa only 4 seconds back at the 10 Km mark. At the finish, Ray, with his 1:10:35, had 18 seconds on Teresa. In another interesting dual, Green led Amber Antonio by just 9 seconds at 10 Km before prevailing by 51 seconds with his 1:14:03. Antonio, who has been ailing since the World Cup race when she was forced to drop out (see p.) had an encouraging outing as she seeks to regain her strength.

For Sharp it was his 16th Senior title and his second at this distance. He is now 12th on the list of Senior titles won. Ray won his first national in 1980 at 30 Km in Houston and his first at 15 later that year. His 14th was in 1988 at 5 Km. Then it was 17 years later until he won again at 5 Km in Kingsport last October. Unfortunately, in a race that used to draw large fields of elite walkers few now seem interested in the 15 km distance. Ray's winning time was the second slowest since 1976, when Ron Laird had a 1:10:54. And the slowest was just last year, when Ben Shorey did 1:11:00.

Teresa Vaill won her 25th Senior title, more than any other U.S. woman racewalker, and her third at 15. Her first title came in 1984 at 1 Mile.

Rau Sharp reports on the race as follows:

"I arrived in Minneapolis with high hopes of completing 15 Km in 1:08 and going on to 20 Km in 1:31. Race day dawned cool and clear, and the flat, smooth asphalt bike trail was conducive to fast times. After a long warmup and a 500 meter timed effort in 2:16, I felt ready to start at 4:40 per kilometer, accelerate gradually, and achieve my goals.

Teresa Vaill rocketed into the lead with me in close pursuit. At the first turn, I said, 'Teresa, that's 2:10, which is 4:20 per kilometer or 43 for 10 Km,' hoping to discourage her. She finally yielded a bit to common sense and I found myself leading through kilometer splits of 4:23, 8:52, and 13:19. At this point, I was confident of a 45:00 10 Km and a 1:31 for 20.

A few minutes later, I knew I was paying the price for the early pace. I came through 5 Km in 22:25, my fastest in 17 years, but I had already lost my enthusiasm for a fast time and for going on to 20. Teresa trailed me by about 15 seconds from 5 to 10 (46:23) and then caught me at 11. At about 12 or 13, I managed to pull away for the win, but I have to tell she's certainly among the top eight fastest American walkers at 20 km, men included.

So I walked a 5 Km at my 10 km readiness pace and then 10 km more (48:10) at my 50 Km goal pace." The results:

Men's 15 Km—1. Ray Sharp (46) 1:10:35 2. Mark Green (50) 1:14:03 3. Michael Wiggins (55+) 1:19:39 4. Mike Bartholomew 1:19:48 (Went on to complete 20 Km in 1:47:03) (Guest: Jerry Dragomir, Can. 1:20:30) 5. Adrian Jaime 1:21:24 6. Bill Reed (50+) 1:28:56 7. Rod Craig (45+) 1:31:48 7. 8. Paul Johnson (65+) 1:34:08 9. Dave Daubert (60+) 1:42:46 10.

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Bernie Finch (65+) 1:51:42 (4 DQ)

Women's 15 Km--1. Teresa Vaill (43) 1:10:53 2. Amber Antonia 1:14:54 3. Laura Feller 1:22:33 4. Susan Randall 1:25:53 (Guest: Susan Brooke (nee Hornung), Can. 1:26:47) 5. Tori Cooper 1:26:52 6. Erin Taylor 1:27:31 7. Laurie Forgues (18) 1:27:47 (Guest: Jeannie Harms, Can. 1:29:28) 8. Donna Green (50+) 1:38:58 9. Tish Borgen (40+) 1:42:45 10. Susan Mears (50+) 1:44:05 11. Doris McGuire (55+) 1:44:25 12. Sue Klappa (45+) 1:45:43 13. Rebecca Gilman (65+) 1:47:53 14. Kathy Finch (65+) 1:53:10

In an accompanying dual meet between U.S. and Canadian juniors, the U.S. women and Canadian men prevailed. Individual titles went to Laruen Forgues, U.S., and Alexander Gagne, Canada. Those results:

US-Canada Women's Junior 5 Km: 1. Lauren Forgues, US 25:22 2. Tina Peters, US 25:42 3. Jenna Monahan, US 26:24 4. Kathryn Jackman, Can. 26:28 5. Le'erin Voss, US 26:35 6. Susan Muraida, US 26:48 7. Heather Warwick, Can. 27:10 8. Laura Bright, Can. 29:33 9. Marie-Helene Ratel 31:05 Team Score: U.S. 16 Canada 6

US-Canada Jr. Men's 10 Km: 1. Alexandre Gagne, Can. 47:27 2. Machael Kazmierczak, US 47:46 3. Inaki Gomez, Can. 48:18 4. Ricardo Vergara, US 48:42 5. Roberto Vergara, US 48:55 6. Jared Swehosky, US 50:44 7. Macael Boucher, US 50:48 8. Olivier Duguay-Coucher, Can. 52:52 9. Abraham Villareal, US 55:03 10. Hugo Duguay-Boucher, Can. 56:01

Open 3 Km--1. Heidi Hauch 16:53 2. Vince Peters 16:57 3. Anita Macias-Howard 18:36 4. Anna-Lie Green 20:17 (8 finishers) Team Score: Canada 12 U.S. 10

Favorites Prevail in European 10 Km Races, Surprise at 50

Goteburg, Sweden--Not surprisingly, European Racewalk Championships at 20 Km went to Belarus' Ryta Turava and Spain's Francisco Fernandez. The surprise came at 50 Km, where France's Yohan Diniz scored a stunning win in 3:41:39. Diniz, who had a best of 3:55:11 in 2004, showed great improvement last year with a 3:45:17 in the European Cup, but he was later DQ'd in the World Championships and did not compete in this year's World Cup.

The favorites in this race were Denis Nizheforodov and Trond Nymark, one-two in the World Cup race earlier in the year. Nymark led early, and when Nizhegorodov was DQ'd early, he began to build a lead. He reached 25 km in 1:52:47 and then began to increase the pace. At 35 Km, he had 41 seconds on the surprising Diniz, but by 40 km, this was down to 31 seconds as a thunderstorm broke with torrential rains causing the walkers to splash around the corners.

Diniz began to cut the gap quickly, and by 44 km moved into the lead and then moved easily away to a well-deserved victory. Nymark was spent and faded to fourth as Spain's Jesus Garcia captured the silver, 69 seconds behind Diniz, and Yuriy Andronov the bronze, another 38 seconds back. Nymark struggled in nearly a minute behind Andronov.

Another of the favorites, Italy's Alex Schwarzer, a surprise third in last year's World Championships, failed to finish today. The 50 can be a cruel race.

Diniz won the first-ever racewalking medal for France in these championships, which began in 1934. After the race, the 28-year-old champion said, "The thunderstorms may have destabilized the others, but for me it was a welcome refreshment. Today, I will enjoy a good wine."

Garcia again proved his staying power. He has been at or near the top in the event since 1993, when he won the World Championship, was second in the World Cup, and was ranked No. 1 in the World. He also received a No. 1 ranking in 1997 when he won the World Cup and No. 2 in 2001. Last year was the first since 1993 when he was not ranked in the top 10, but he will get back there this year off of this race.

There was also rain for the men's 20, but soon after the brief shower was replaced by bright sunshine, Fernandez entered the stadium to take an overwhelming victory. While his 1:19:09 was 31 seconds shy of his championship record set four years ago, the 29-year-old became the first repeat winner of the event. Nearly a minute back was Valeriy Borchin of Russia with Portugal's veteran Joao Vieira in his best race ever taking third. Both had personal best. Russia's Viktor Burayev repeated his fourth place of 2002.

Turava scored a commanding win in the women's 20, finishing more than a minute ahead of Russia's Olga Kaniskina in 1:27:08. Elisa Rigaud, Italy was third. After a rather gentle pace initially, Turava applied the pressure as she accelerated and built up a 2-minute margin before coasting in. The results:

Women's 20 Km, August 8: 1. Ryta Turava, Belarus 1:27:08 2. Olga Kaniskina, Russia 1:28:35 3. Elisa Rigaud, Italy 1:28:37 4. Kjersti Platzer, Norway 1:28:45 5. Claudia Stef, Romania 1:29:27 6. Sabine Zimmer, Germany 1:29:56 7. Sylwia Korzeniowska, Poland 1:30:31 8. Vera Santos, Portugal 1:31:41 9. Jolanta Kukure, Latvia 1:31:02 10. Melanie Sweeger, Germany 1:31:29 11. Ana Maria Groza, Romania 1:31:35 12. Ines Henriques, Portugal 1:31:58 13. Zuzana Malikova, Slovak Rep. 1:32:14 14. Susana Feitor, Portugal 1:32:19 15. Maria Vasco, Spain 1:32:50 16. Gisella Orsini, Italy 1:33:10 17. Galina Kolpakova, Russia 1:33:39 18. Rossella Giordano, Italy 1:33:56 19. Maria Jose Poves, Spain 1:35:03 20. Beatriz Pascual, Spain 1:36:03 21. Sonata Milusauskaite, Lithuania 1:36:20 22. Monica Svensson, Sweden 1:38:25 DQ--Elena Ginko, Belarus DNF--Kristina Saltanovic, Lithuania

Men's 20 Km, August 9 1. Francisco Fernandez, Spain 1:19:09 2. Valeriy Borchin, Russia 1:20:00 3. Joao Vieira Portugal 1:20:09 4. Viktor Burayev, Russia 1:20:12 5. Sergey Bakulin, Russia 1:20:50 6. Matej Toth, Slovak Rep. 1:21:39 7. Erik Tysse, Norway 1:22:13 8. Giorgia Rubino, Italy 1:22:34 9. Siarhel Charnou, Belarus 1:23:03 10. Denis Langlois, France 1:24:06 11. Andre Hohne, Germany 1:24:35 12. Pedrag Filipovic, Serbia 1:25:16 13. Benjamin Sanchez, Spain 1:25:58 14. Andriy Yurin, Ukraine 1:26:20 15. Silviyu Casandra, Romania 1:26:36 16. Recep Celik, Turkey 1:27:18 17. Ivano Brugnetti, Italy 1:27:42 DQ--Juan Manuel Molina, Spain and Andrei Talashka, Belarus.

Men's 50 Km, August 10: 1. Yohan Diniz, France 2:41:39 2. Jesus Angel Garcia, Spain 3:42:48 3. Yuriy Andronov, Russia 3:42:26 4. Trond Nymark, Norway 3:44:17 5. Mikel Odriozola, Spain 3:46:34 6. Roman Magdzarczyk, Poland 3:47:37 7. Marco de Luca, Italy 3:48:08 8. Peter Korcok, Slovak Rep. 3:51:16 9. Vladimir Kanaykin, Russia 3:51:51 10. Grzegorz, Poland 3:53:33 11. Diego Cafagna, Italy 3:55:22 12. Fredrik Svensson, Sweden 3:56:15 13. Ingus Janevics, Latvia 3:56:32 14. Jarkko Kinnunen, Finland 3:56:54 15. David

Boulanger, France 3:57:08 16. Andrei Stepanchuk, Belarus 3:57:27 17. Kamil Kalka, Poland 4:01:28 18. Ugis Bruvelis, Latvia 4:02:03 19. Jorge Costa, Portugal 4:03:48 20. Antonio Pereira, Portugal 4:07:46 21. Milos Holusa, Czech Rep. 4:12:11 DNF—Jose Cambil, Spain; Alex Schwarzer, Italy; Anti Kempas, Finland; Pedro Martins, Portugal; and Aleksandr Rakovic, Serbia. DQ—Eddy Riva, France and Denis Nizhegorodov, Russia

Other International Races

World Junior Championships, Beijing, China, Women's 10 KM, Aug. 19—1. Liu Hong, China 45:12.54 2. Tatyana Shemyakina, Russia 45:34.41 3. Naamaria Greceanu, Romania 46:45.67 4. Vera Sokolova, Russia 46:58.21 (A surprise here. Sokolova won the Jr. World Cup in 2004 at age 16 and repeated earlier this year with a 44:49) 5. Volha Mazuronak, Belarus 47:37.11 6. Xue Chai, China 48:10 7. Federica Ferraro, Italy 49:18 8. Fumika Kiryu, Japan 49:21 9. Lorena Castrillo, Spain 50:47 10. Federica Menzato, Italy 51:02 11. Anlly Pineda, Columbia 51:55 12. Svetlana Vasilova, Ukraine 52:18 13. Klar Malikova, Slovak Rep. 52:30 14. Ingrid Hernandez, Col. 52:38 15. Narin Kahraman, Turkey 52:53 16. Karolina Kaasalainen, Fin. 53:06 17. Yuliya Davydenko, Ukraine 53:10 18. Katy Hayes, USA 55:20 19. Cecilia Kardos, Hungary 57:24 20. Spyridoula Stavrou, Greece 58:35 (1 DNF, 4 DQ) **Men's 10 KM, Aug. 19—1.** Xiangdong Bo, China 42:50.26 2. Zhengyu Huang, China 43:13.29 3. Yusuke Suzuki, Japan 43:45.62 4. Dzianis Simanovich, Belarus 44:16.12 5. Luis Torla, Spain 44:12.56 6. Hiroyuki Hirano, Japan 44:18.91 7. Herbert de Almeida, Brazil 44:24 8. Matteo Guippone, Italy 44:34 9. Alexandros Papamihail, Greece 44:37 10. Juan Manuel Cano, Argentina 45:10 11. Heikki Kukkonen, Finland 45:29 12. Dusan Majdan, Slovak Rep. 45:45 13. Szmritry Hamzunou, Belarus 45:47 14. Miguel Angel Lopez, Spain 45:55 15. Aleksey Grigoryev, Russia 45:58 16. Yassir Cabrera, Panama 46:03 17. Mauricio Aceaga, Ecuador 46:14 18. Emerson Hernandez, Brazil 46:24 19. Abdurrahim Celik, Turkey 48:43 20. Rafael Avendano, Mexico 49:14 (3 DNF, 1 DQ)

Central American and Caribbean Championships, Carfagea, Columbia, July 25-29: Women's 20 Km—1. Cristina Lopez, El Salvador 1:28:26 2. Evelin Nunez Fuentes, Guatemala 1:39:37 3. Sandra Zapata Portela, Columbia 1:41:37 4. Veronica Garcia, El Salvador 1:44:11 (7 finishers, 1 DQ) **Men's 20 Km—1.** Luis Lopez, Columbia 1:24:11 2. Eder Sanchez, Mexico 1:26:23 3. Luis Garcia, Guatemala 1:29:50 4. Gabriel Ortiz, Mexico 1:32:00 5. Julio Martinez, Guatemala 1:33:00 (7 finishers, 2 DQ)

African Championships, Bambous, Mauritius, August: Men's 20 Km—1. Kimutai, Kenya 1:23:56 2. Hatem Ghoulia, Tunisia 1:25:02 3. Mejbar, Algeria 1:25:15 **Women's 20 Km—1.** Saleh, Egypt 1:43:22 2. Abissa, Ethiopia 1:45:31 3. Amuzai, Algeria 1:46:05

Other Results

5.3 Miles, Brunswick, Maine, Aug. 5—1. Steve Vaitones (50) 43:21 2. Sara Adams (16) 72:24 3. Kelly Baikley (16) 72:24 **East Region Masters, Springfield, Mass., July 22: % Km: Women 40—1.** Ginger Armstrong 31:19.70 2. Holly Wenninger 33:23 **Women 45—1.** Maryanne Daniel 27:39.64 **Women 55—1.** Panseluta Geer 30:43.23 **Men 55—1.** Joe Light 28:58.18 DQ—Brian Savilonis **Men 60—1.** Charles Mansbach 33:56 **Men 65—1.** Gerald Patrick 33:48 2. Gus Davis 35:59 **Men 70—1.** John Finan 38:27 **Men 75—1.** Bill McCann 36:26 2. Louis Free 37:43 **Empire State Games, Rochester, New York, July 27-29: Women's 5**

Km, July 28—1. Laura Feller 26:44 2. Erin Taylor 26:59 3. Lindsay Conway 27:58 4. Shani Brown 28:24 5. Lorie Sheinwald 28:38 6. Indiana Ripoli 28:51 67. Caitlin Pike 32:02 8. Katrina Curato 32:07 9. Margaret Perry 32:12 **Women's 10 Km, July 27—1.** Laura Feller 58:18 2. Erin Taylor 58:38 3. Diane Slack 63:15 (5 finishers, 1 DNF, 1 DQ) **Women's 20 Km, July 29—1.** Laura Feller 2:00:47 2. Laurie Smith 2:15:57 3. Sue Neumeister 2:23:42 (1 DNF) **Men's 5 Km, July 28—1.** Allen James 22:13 2. Leo Romero 23:23 3. Michael Kazmierczak 24:02 4. Jussi Koski 25:14 5. Bill Vayo 26:53 **Men's 10 Km, July 27—1.** Allen James 47:35 2. Michael Kazmierczak 51:20 3. Jussi Koski 51:51 4. Mel McGinnis 54:24 5. Dave McGovern 56:46 6. Bill Vayo 57:01 7. James Miner 66:34 (8 finishers, 1 DQ) **Men's 20 Km, July 29—1.** Michael Tarantino 1:36:05 2. Jussi Koski 1:47:25 3. Mel McGinnis 1:38:17 4. Dave McGovern 1:55:14 5. Bill Vayo 2:00:39 (2 DNF) **High School Boys 5 Km, July 28—1.** Travis Barker 30:04 2. Jonathan Segura 31:02 **High School Girls 5 Km, July 28001.** Jenna Monahan 26:39 2. Chelsea Conway 29:09 3. Emily Chirstopher 30:52 4. Rebecca Glass 31:03 5. Arame Mbodj 31:13 6. Erin Martocci 32:39 (9 finishers) **Masters Men: 5 Km—40-44—1.** Bill Maaters 31:34 50-54—1. Larry Beckerle 28:24 55-59—1. Bill Fatiga 31:30 6064—1. Edoardo Sorrenti 30:44 2. Robert Lubelski 35:04 (4 finishers) 65-59—1. James McGrath 31:41 70-74—1. Ross Grasso 36:51 75-59—1. Marvid Eisenstein 39:34 **10 Km: 50-54—1.** Dave Lawrence 55:14 2. Larry Beckerle 62:24 55-59—1. Bill Fatiga 67:28 60-64—1. Marc Olshan 63:23 65-69—1. James McGrath 68:05 **20 Km: 50-54—1.** Dave Lawrence 1:59:06 60-64—1. Edoardo Sorrenti 2:11:36 65-59—1. James McGrath 2:26:37 **Masters Women: 5 Km: 40-44—1.** Donna Masters 31:30 45-49—1. Joan Murray 35:03 50-54—1. Barbara Dalzell 33:52 **20 Km: 40-44—1.** Lorrie Sheinwald 2:06:46 **5 Km, New ork City, Aug. 20—1.** Leo Romero 24:03 2. Luis Abadias (46) 26:53 3. Lisa Marie Velluchi 27:07 4. Carmen Garcia Frontons (45) 27:29 5. Rasheeda Mohammed 28:45 6. Bruce Logan (41) 29:25 7. Diana Rado (17) 29:30 8. Alexis Davidson (50) 39:42 9. Pamelas Alva (17) 30:13 10. Ellen O'Shaugnessy (45) 30:58 11. Melissa Goldman 30:59 13. Panse Geer (59) 31:56 14. Lousanne Pennesi (51) 32:24 15. Catherine Davis (15) 32:24 16. Yi Deng (18) 33:26 1. David Lee (51) 33:32 18. Seth Kaminsky (66) 33:57 (29 finishers) **National USATF Jr. Olympics, Baltimore, July 25-26: Youth Girls 3 Km—1.** Jessica Reybal, S. Texas 17:29.65 2. Nicole Gomez, S. Texas 17:56 3. Taryn, Wrotny, un. 18:06 4. Meghan Apostoles, Team Flash 18:22 (19 finishers 2 DQ, 1 DNF) **Youth Boys 3 Km—1.** Trevor Barron, South Park 14:02.58 2. Andrew Adams, S.C. 15:01 3. Matthew Forgues, Maine RW 15:43 4. Alejandro Chavez, S. Texas 16:45 5. Joshua Haertel, Utah 17:57 (10 finishers, 1 DQ) **Bantam Girls 1500 meters—1.** Josephine Vargas, S. Texas 8:57.00 2. Gianna Novello, NJ Striders 9:13 3. Ashely Jacobs, Heavenly TC 9:14 4. Jennifer Vargas, S. Texas 9:42 5. Mary Cozy, Flo-Jo Inter 9:31 (14 finishers, 4 DQ) **Bantam Boys 1500—1.** Nathaniel Roberts, Salem TC 8:13.31 2. Todd Daimon, Umoja TC 8:43 3. Justin Liedke, Flyers 9:15 4. Cody Teagardner, South Park 9:19 5. Benjamin Potter, Ore. 9:20 (14 finishers, 1 DQ) **Midget Girls 1500—1.** Nicolette Sorensen, Diablo Valley 7:41.17 2. Maite Moscoso, Break Away TC 7:54 3. Nyoaka Conley, Flo-Jo Inter 8:07 4. Caroline Wilcox, Diablo Valley 8:11 5. Ariana Guzman, S. Texas 8:26 6. Samantah, NJ Striders 8:28 (23 finishers, 1 DQ) **Midget Boys 1500—1.** Tyler Sorensen, Diablo Valley 8:03.63 2. Steven Valadezs, S. Texas 8:21 3. Eric Steinbach, Albuquerque Athl. 9:06 (10 finishers 2 DQ) **Intermedate Girls 3 Km—1.** Caroline Muraida, Albuquerque TC 27:39.78 2. Susan Muraida, Alb. TC 28:35 3. Silvana Francescutti, El Paso Comets 28:58 4. Allison Snochowski, un. 19:15 5. Kara Steele, CT RW 29:48 6. Sara Adams, Maine RW 30:17 7. La'Mara Johnson, Mariboro 36:40 (2 DQ) **Young Womens 5 Km—1.** Le'erin Voss, Wis. 26:21.05 2. Laruen Forgues, Maine 26:39 3. Tina Peters, Maimi Valley 27:11 4. Devin Philson, Sp. Elite 29:55 5. Katie Burnett, Cascade Striders 20:11 6. Carla Redfearn, Rising

Stars 30:24 7. Ashley Ott, Tex. Shooting Stars 35:25 **Intermediate Boys 3 Km**—1. Roberto Vergara, S. Texas 24:48.03 2. Ricardo Vergara, S. Texas 25:20 3. Abraham Villareal, S. Texas 27:37 4. Ricardo Bernal, Wilkinsburg 31:39 **Young Men 3 Km**—1. Ernesto Vergara, S. Texas 28:46.17 2. Patrick Shaffer, Un. 30:16 3. Jeremy Evans 30:16 4. Garrin Chilis 33:29 **3 Km, McClean, Vir., May 14**—1. John Gersh (58) 18:34 2. Victor Litwinski (52) 19:04.1 (4 finishers) **1 Mile, same place**—1. Gersh 9:43.8 2. Litwinski 10:21.1 (9 finishers) **1 Mile, McClean, Vir., May 28**—1. James Moreland (50) 9:19.1 2. Victor Litwinski 9:52.6 3. Peter Blank (51) 9:53.7 (5 finishers) **3 Km, same place**—1. Moreland 18:05.1 2. Lois Dicker (66) 19:15.1 3. Cathy VanBrocklin (59) 19:17 4. Michael Schwed (64) 5. Victor Litwinski 19:39.8 (8 finishers) **1 Mile, McClean, Vir., June 11**—1. John Gersh 9:42.5 2. Peter Blank 9:55.1 3. Victor Litwinski 9:57.4 (6 finishers) **3 Km, same place**—1. Laura Neil (42) 16:42.9 2. Jim Wass (53) 17:51.6 3. John Gersh 18:29.1 4. Victor Litwinski 18:57.1 5. Lois Dicker 18:57.5 6. Cathy VanBrocklin 19:00.6 (10 finishers) **USATF Masters Championships, Charlotte, N.C. > 5 Km, Aug. 4: Women 40**—1. Dorothy Slents, N.C. 30:49.19 (3 finishers) **Women 45**—1. Lynette Heinlein, Mich. 30:58.93 2. Grace Mutz, N.C. 31:12 (4 finishers) **Women 50**—1. Debbie Topham, Mich. 30:06 2. Lynn Tracy, Wis. 30:09 3. Judy Meyers, Wis. 31:15 **Women 55**—1. Cathy Mayfield, Ind. 31:51.72 2. Mary Baglin, Nev. 32:43 3. Donna Graham, Ohio 32:48 (5 finishers) **Women 60**—1. Kathleen Balzer, Ariz. 31:42.78 2. Jolene Steigerwalt, Cal. 32:11 3. Kathleen Fable, Tex. 32:47 (5 finishers) **Women 65**—Guest—Joan Christensen, Can. 32:51.47 1. Lois Dicker, Md. 33:43 2. Doris Cassels, Cal. 33:46 3. Rebecca Gilman, Ill. 35:39 **Women 70**—1. Shirley Dockstader, Cal. 34:06.18 **Women 75**—1. Katherine Marrs, Wis. 36:32 **Women 80**—1. Miriam Gordon, Fla. 39:19.91 **Men 40**—1. John Soucheck, N.J. 25:49.83 **Men 45**—1. Ian Whatley 25:24.13 2. Alberto Medina, Tex. 25:25 3. Tommy Aunan, Wash. 27:02 **Men 50**—1. Bill Reed, Mich. 28:27.7 2. Tony Hackney, N.C. 29:58 (3 finishers) **Men 55**—1. Michael Wiggins, Iowa 26:41.38 2. Max Walker, Ind. 27:55 3. Richard McGuire, Ill. 28:37 4. Mike DeWitt, Wis. 29:14 5. Stan Chraminski, Wash. 29:44 **Men 60**—1. Norm Fable, Tex. 29:09.97 2. Jim Carmines, Pa. 29:53 3. Don Knight, Mich. 30:12 (6 finishers) **Men 65**—1. Paul Johnson, Ark. 29:39.22 2. John Backlund, Ore. 31:34 3. Marshall Sanders, Mich. 32:37 (4 finishers) **Men 70**—1. Jack Bray, Cal. 29:58.15 2. Alfred DuBois, Wis. 33:10 (4 finishers) **Men 75**—1. Jack Starr, Del. 33:35.38 2. Robert Fine, Fla. 34:11 (3 finishers) **10 Km, Aug. 6—Women 40**—1. Dorothy Slentz, N.C. 61:55 2. Ginger Armstrong, Conn. 66:21 (3 finishers) **Women 45**—1. Lynette Heinlein, Mich. 63:55 (2 finishers) **Women 50**—Guest: Nanci Sweazey, Can. 60:03 1. Debbie Topham, Mich. 62:56 2. Lynn Tracy, Wis. 64:50 3. Judy Meyers, Wis. 65:13 **Women 55**—1. Panseluta Geer, N.J. 65:31 2. Cathy Mayfield, Ind. 66:39 3. Mary Baglin, Nev. 67:33 (5 finishers) **Women 60**—1. Jolene Steigerwalt, Ca. 64:09 2. Kathleen Balzer, Ariz. 65:22 (4 finishers) **Women 65**—Guest: Joan Christensen, Can. 70:30 1. Doris Cassels, Cal. 71:09 2. Lois Dicker, Md. 71:36 3. Rebecca Gilman, Ill. 73:54 **Women 70**—1. Shirley Dockstader, Cal. 71:25 **Women 75**—1. Katherine Marrs, Wis. 77:33 **Women 80**—1. Miriam Gordon, Fla. 83:39 **Men 40**—1. John Soucheck, N.J. 51:42 **Men 45**—1. Ian Whatley 51:230 2. Alberto Medina, Tex. 57:17 3. Tommy Aunan, Wash. 57:18 **Men 50**—1. Bill Reed, Mich. 61:00 2. Tony Hackney, N.C. 62:11 **Men 55**—1. Michael Wiggins, Iowa 54:55 2. Max Walker, Ind. 58:12 3. Richard McGuire, Ill. 59:22 4. Mike DeWitt, Wis. 60:19 5. Stan Chraminski, Wash. 60:48 **Men 65**—1. Norm Fable, Tex. 60:36 2. Jim Carmines, Pa. 63:16 3. Don Knight, Mich. 64:32 **Men 65**—1. Paul Johnson, Ark. 62:38 2. John Backlund, Ore. 66:08 3. Marshall Sanders, Mich. 67:48 (4 finishers, 1 DQ) **Men 70**—1. Jack Bray, Cal. 64:22 2. Alfred DuBois, Wis. 69:23 3. Ed Lane, Cal. 71:05 (4 finishers) **Men 75**—1. Jack Starr, Del. 69:44 2. Bob Fine, Fla. 77:03 (4 finishers) **5 Km, Kissimmee, Fla., Aug. 12**—1. John Fredericks 29:59 2. Tom Forman 31:10 3. Ray Jenkins 33:16 (8 finishers) **Women**—1.

Lori Lindquist 31:24 2. Wendy Ley 33:29 (3 finishers) **1500 meters, Yellow Springs, Ohio, July 20** Bantam Girls—1. Alyssa Dee 9:41.8 2. Sydney Beal 9:45.9 Midget Girls—1. Alexandra Coleman 9:15.3 Junior Women—1. Tina Peters 7:08.1 Open Men—1. Matt Boyles 6:59.4 2. Eric Smith 7:51.9 Masters Women—1. Susan Randall (30-34) 7:37.6 Masters Men—1. Jack Shuter (75-59) 10:13.3 **3 Km, same place**: Junior Women—1. Tina Peters 15:42 Jr. Men—1. Kyle Schaffer 16:28 Open Women—1. Susan Randall 15:54 Masters Men—1. Jack Shuter 21:42 **5 Km, Minneapolis, Minn., July 30**—1. Phil Rogosheski (60+) 29:36 2. Dave Daubert (60+) 33:25 (5 finishers) **5 Km, Aurora, Col., June 18**—1. Mike Blanchard (45) 27:00.5 2. Barbara Amador (57) 31:55 **1500 meters, Greeley, Col., June 23**—1. Barbara Amador 8:32 2. Sherrie Gossert (52) 8:50 *5 finishers) **5 Km, Greeley, June 25**—1. Barbara Amador 31:24 2. Sherrie Gossert 31:30 3. Daryl Meyers (63) 31:43 (10 finishers) **5 Km, Evergreen, Col., July 4**—1. Mike Blanchard 27:38 2. Patty Gehrke (41) 30:06 3. Daryl Meyers 31:13 4. Carolyn Fleck (43) 31:20 5. Sally Richards (53) 31:46 6. Rita Sinkovec (66) 33:57 **5 Km, Evergreen, Aug. 8**—1. Daryl Meyers 30:18 2. Jerry Davis (43) 30:43 **1 Km, Albuquerque, N.M., April 30**—1. Patrick Collier 4:06.48 2. Laura Draelos 5:49.0 **3 Km, Reno, Nev., July 15**—1. Mark Green (50) 13:46.58 2. Alex Price 17:11 3. Joe Berendt (50) 17:14 4. Ted Moore (67) 17:25 5. Dave Crabbe (61) 17:43 6. Bill Penner (59) 18:01 7. Jon Price (56) 18:50 8. Dick Petruzzi (73) 19:38 (11 finishers) **Women**: 1. Leslie Sokol (48) 17:41 2. Susan Mears (51) 18:21 3. Nicolle Goldman (47) 18:42 4. Louise Walters (66) 19:21 5. Terri Brothers (49) 20:03 (11 finishers) **10 Km, Carneros, Cal., July 16**—1. Joe Berendt 38:39 2. Jack Bray (73) and James Beckett (67) 61:15 (6 finishers) **Women**—1. Nicolle Goldman and Louise Walters (66) 64:24 (10 finishers) **5 Km, Kentfield, Cal., July 23**—1. Kevin Killingsworth 26:49 2. Jack Bray 29:45 3. Ed Lane 33:13 4. Doris Cassels 33:21 5. Shirley Dockstader 33:36 (8 finishers) **2.8 Miles, Seattle, July 15**—1. Bob Novak (57) 24:52 2. Steve Dibernardo (53) 24:58 3. Stan Chraminski (58) 25:26 4. Bart Kale (50) 25:33 5. Ann Tuberg (46) 26:57 (9 finishers) **5 Km, Seattle, July 8**—1. Tommy Aunan (46) 26:53 2. Bob Novak 27:36 3. Steve Dibernardo 28:26 4. Stan Chraminski 28:34 5. Bart Kale 30:38 6. Ann Tuberg 30:48 7. Richard Newman (53) 31:31 (11 finishers) **Washington Senior Games, Turnwater, July 29**—Men 55—1. Bob Novak 27:35.69 2. Brent Marsden 31:25 3. Terry Buchanan 31:59

Canadian 20 Km Championships, Ottawa, Aug. 6: Women—1. Marina Crivello 1:44:45 2. Rachel Lavallee 1:49:51 3. Rebecca Christensen 1:57:50 **Men**—1. Tim Berrett 1:35:10 2. (46:58 at 10) Jocelyn Ruest 1:37:21 3. Gordon Mosher 1:39:52 4. Nil Lavallee 1:45:25 5. Pierre-Luc Menard 1:46:26 **Women's 10 Km, same place**—1. Kathryn Jackman 57:55 2. Lily Whalen 63:59 (5 finishers) **Women's 5 Km, same place**—1. Joanne Markle 28:52 2. Nathalie Lalo,nde 29:44 3. Marie-Helene Ratel 31:58 **Canadian Jr. Championships, Sherbrooke, Aug. 8, Men's 10 Km**—1. Alexandre Gagne 48:20.83 2. Olivier Duguay-Boucher 57:30 **Women's 10 Km**—1. Kathryn Jackman 56:50.42 **Australia Racewalking Carnival, Melbourne, Aug. 6: Men's 20 Km**—1. Chris Erickson 1:28:24 2. Michael McCagh 1:29:45 3. Tom Barnes 1:31:08 4. Andrew Jamieson 1:36:16 (The Carnival included 14 events—a women's 10 Km and both boys and girl's age group races at distances of 1,2,3, and 5 km.) **Finland vs. Sweden, Helsinki, August 25: Men's 10 Km**—1. Antti Kempas, Fin. 42:49.1 2. Jani Lehtinen, Fin. 43:02.4 3. Ato Ibanez, Swed. 43:08.4 4. Jarkko Finnunen, Fin. 43:23.5 5. Bengt Bengtsson, Swed. 43:38.4 6. Fredrik Sbvansson, Swed. 43:45.2 **Team Score: Finland 15 Sweden 7 Women's 5 Km**—1. Marja Penttinen, Fin. 23:21.4 2. Monica Swensson, Swed. 23:27.6 3. Outi Sillanpaa, Fin. 24:24.6 4. Karoliina Kaasalainen (16), Fin. 24:49 5. Mari Olsson, Swed. 25:20.3 6. Elinor Hogrell, Swed. 25:43 **Team Score: Finland 14 Sweden 8**

Care to Race—Here's Time and Place

Sat. Sept. 2	3 Km, Ft. Collins, Col. (H)
Sun. Sept. 3	5.3 Miles, Brunswick, Maine (D)
Sat. Sept. 9	2.8 Miles, Seattle, 9 am (C) 5 Km, Aurora, Col., 9 am (H)
Sun. Sept. 10	Pacific Assn. And Western Regional 20 Km, Oakland (J) National USATF 40 Km, Ocean Twp., N.J., 8 am (A) 5 Km, Denver, 9 am (H)
Fri. Sept. 15	5 and 20 Km, St. Louis Park, Minn. (I)
Sun. Sept. 17	1 Hour, Langley, Vir. (S) 10 Km, New Albany, Ohio (Z) 5 Km, Denver, 9 am (H)
Sun. Sept. 24	Ohio 1 Hour, Columbus (M) Michigan 1 Hour, Royal Oak (W) Paul Smith Memorial 1 Hour, Fair Oaks, Cal. (E) Metropolitan 3 Km, New York City, 9 am (G) 34th Doc Tripp Memorial 5 and 10 Km, Broomfield, Col., 8 am (H) Marathon and ½ Marathon, Boulder, Col. (H)
Sat. Sept. 30	5 Km, Bristol, N.H. (R)
Sun. Oct. 1	1 Hour, Langley, Vir. 9 am (S)
Sat. Oct 7	USATF National 5 Km, Kingsport, Tenn. (K)
Sat. Oct. 14	5, 30, 40, and 50 Km, St. Louis Park Minn. (I)
Sun. Oct 15	North Regional 10 Km, Dearborn, Mich. (W) National Masters 1 Hour, Waltham, Mass. (X) 1 Hour, Langley, Vir., 9 am (S) 10 Km, Seaside, Cal. (J)
Sun. Oct. 22	5 Km, Albuquerque, N.M. (T) 1 Mile, Kentfield, Cal., 8 am (P) 5 Mile, Freehold, N.J. (A) 20 and 50 Km, Long Island (AA) 5 Km, Denver, 9 am (H)
Sat. Oct. 28	5 Km, Denver, 9:30 am (H)
Sun. Oct. 29	5 Km, Denver, 9 am (H)
Sun. Nov. 5	5 Km, Kentfield, Cal. (P) 5 Km, Littleton, Col., 9 am (H)
Sun. Nov. 12	USATF National 20 Km, Clermont, Florida (B) 1 Hour, Kentfield, Cal., 8 am (P) 5 Km, Boulder, Col., 9:30 am (H)
Sat. Nov. 18	1 Hour, Pharr, Texas, 8 am (O) 5 and 10 Km, St. Louis Park, Minn. (I) 5 Km, Brighton, Col., 8:30 am (H)
Sat. Dec. 30	Polar Bear 10 Mile, Asbury Park, N.J. (A)

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 Q—Daniel Koch, 3331 NW 22nd Street, Coconut Creek, FL 33066
 R—Everett Begor 603-744-3335, www.nhmarathon.com
 S—Potomac Valley TC, 3140-D West Springs Drive, Ellicott City, MD 21043
 T—New Mexico Racewalkers, P.O. Box 16102, Albuquerque, NM 87191
 U—Robert Carver, 1002 Catalpa Lane, Orlando, FL 32806
 V—Justin Kuo, 617-731-988
 W—Frank Soby, 4157 Colonial Drive, Royal Oak, MI 48073
 X—Steve Vaitones, P.O. Box 1905, Brookline, MA 02446 (617-566-7600)
 Y—Walkers Club of Los Angeles, 233 Winchester Avenue, Glendale, CA 91201
 Z—www.newalbany10kwalkingclassic.com
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From Heel To Toe

Amber report. The Sierra Racewalkers in California have been adopting a racewalker each year, lending financial support for training and traveling. In 2005, they supported Loretta Schuellein; this year Amber Antonia. In her recent report to the Sierra Racewalkers, Amber provides some detail on her failure to finish the World Cup race in May, detail we did not have when we reported on the race. Here is what she reported to her Sierra benefactors: "My race (at the World Cup) took an unexpected turn when I found a big hole on the course at 8 kilometers. After stepping in this hole and taking a fall, I was unable to stand on my leg. I had a big DNF and had to spend the rest of my time in the medical tent. Not what I intended on doing in Spain. I am still in pain and have been a cross-training maniac. (*Ed. This was reported in the June-July issue of the Sierra newsletter. Judging from her performance in the National 15, she is quickly returning to form now.*) With the Olympic Trials a little over two years away, it is time to put my training into high gear. To dedicate the time I need to train, I decided to make a career move and become an independent contractor. I will be working out of the South Milwaukee Fitness Center (www.smrecfitness.org). The facility is wonderful and will be a great place for my clients to continue their success. I greatly appreciate the support of the SMFC. I am so excited to do a women's racewalking clinic in August. The focus will



Amber Antonia

be on the specific needs of the woman athlete. I am anticipating this to be a launch pad for more women racewalking clinics and more speaking events in the future.” Amber, now 26, has a personal best of 1:36:00 at 20 and competed in the World Cup in 2002, as well as this year. She was also on the 2003 U.S. Pan American games team and the 2005 U.S. Pan Am Cup team. . . **A bit of history.** Something that Elliott Denman uncovered in a report from Walt Murphy’s News and Results Service: The IC4A Intercollegiate Association of Amateur Athletes of America) held their first track and field championships in 1876 in Saratoga, New York on July 20. And the very first winner in the meet was T.A. Noble, of Princeton, who captured the 3-mile walk title. No time given. Some of the winning times that are given is 11.0 for the 100-yard dash, 2:16 ½ for the 880, 4:58 ½ for the mile 56 seconds for the 440. . . **Sharp maintains diversity.** Newly crowned National 15 Km titlist, Ray Sharp, continues to dabble in other activities, which lead to his participation in Triathlons (we reported on his participation in the Copperman event last year. He did it again, just a couple of weeks before his 15 Km triumph. Is this the perfect way for a 46-year-old guy to stay young and healthy? Here’s Ray’s report on the week of that Triathlon effort. “All work and no play makes Jack a dull racewalker. (Not sure why he needed to insult me, but so be it.) Last week’s training was fun, and I think it will make me a fitter walker and faster racer. Maybe my biggest mistake in my first athletic career was not approaching training and racing as play. This time I’m trying to get it right. Last week I did a mix of walking, running, swimming, miking and a triathlon race. I can’t remember what I did early in the week, because I haven’t been keeping a diary this summer. Some kind of fast walking no doubt. Wednesday, I did a fairly hard bike ride home from work with extra hills, and hopped off the bike and straight into an 11:50 2-mile run. Thursday, I walked 7 miles to work in 60 minutes and a bit slower on the way home. Friday, I had a good ride to work on my racing bike—23 mph average—swam at lunch and rode home and jogged before driving to Copper Harbor to camp and race the Copperman Triathlon (1/2-mile swim, 19-mile bike, 5-mile run.) I had my best Copperman, third overall and winning the age group. I had the second best bike ride of the racers, coming from way back to into second at the start of the run, and a subpar run due to having trained hard for walking all week. I averaged 24 mph (39 kph) on the bike. Wendy (Ed. His wife, aged 44, a former national-class racewalker in her own right) won the women’s title for the third year in a row, Kai had one of the fastest swim splits on a team, and Isabel ran for the youngest team (his kids).” For the record, Ray did 16:30.7 for the swim leaving him in 35th place, 49:57.3 for the bike, and 33:11.9 for the run—1:39:41.9 total for this third place. Wendy led him on the swim with a 15:19.2 and then did 56:35.0 and 34.48.2 for the other two stages—total of 1:46:40.4 for her women’s title. . . **Salvage publishes novel.** Former racewalker Jeff Salvage, who has maintains a racewalking web site (www.racewalk.com) to go along with his instructional books, videos and DVDs on the sport, is now a published novelist. His book *Zojjed* is the tale of Alex and Dave, two college students who find themselves in the middle of world-changing events. Alex (who happens to be a racewalker) interns in China, where she helps develop a web site for the Chinese government. The application is like a Napster on steroids and is an extension of China’s ambivalence towards intellectual property and could potentially destroy the already fragile relationship between the two world powers. Dave interns in Petra, an ancient ruin outside of Jordan. He takes part in a dig uncovering an artifact that challenges the fundamental beliefs of several world religions. His colleague, Professor Donato Peceni, must authenticate the artifact’s revelations—a process that earns him animosity and potential threats from Rome to Philadelphia. When Alex finds her aunt is the victim of a large-scale attack on Internet banking and other forms of e-economics, her efforts to investigate lead to another discovery—one that is both shocking and frightening. Is it possible that the same events that changed the lives of Alex, Dave, and Donato will bring the world crashing down around

them” If you care to find out, the book is available at www.amazon.com. . . **Neishloss honored.** Racewalker Lou Neishloss has been named to the Norristown, Pa. High School Hall of Champions for his achievements in track and cross country in high school (he graduated from Norristown in 1944) and his life-long work in coaching disabled athletes. Lou was active in racewalking in the ‘50s, ‘60s, and ‘70s, with a best finish of third in the 1959 National 50 Km. While working at the Johnstown (Pa.) Rehabilitation Center in 1960, he developed the 50 mile swim for the disabled and coached the first female athlete to complete that distance. He took his Johnstown team of six females and one male in Tokyo in 1964 after they had won the U.S. Championships. He invented and holds the patent for the ‘adapter stick’, which enables quadriplegics to bowl. He served on the coaching staff of the U.S. Paralympic swimming and track and field teams for retarded and autistic children. Returning to Norristown in 1966, he developed a large group of athletes that won State Championships for six consecutive years, beginning in 1966. In 1967, he coached the U.S. Paralympics team at the Pan American Games in Winnipeg. Now, at 79, he continues to plan and direct medically approved programs for the disabled. Lou, who now resides in Bristol, Pa., will be inducted into the Hall of Champions, Hall of Fame at a ceremony on Nov. 9. For those who remember Lou from his competitive days in our sport and might want to congratulate him on this honor, his address is 2508 Laurel Lane, Bristol, Pa. 19007.

Ghoula Alone But Determined

(African nations with their great success in distance running on the road and track have not yet been inspired to see if that success would translate to racewalking—probably because there is a lot more money in running. One exception is Tunisia’s Hatem Ghoula who has been racing with the international elite for several years now and met his greatest success this year with a fourth in the World Cup 20 Km and the third spot in the IAAF Challenge standings behind Francisco Fernandez and Ilya Markov. Perhaps Kenya’s Kimutai, who beat Ghoula in the recent African Championships, is ready to join the chase. In any case, Hatem has been a pioneer and the following IAAF release written by Paul Warburton following the World Cup traces the path he has had to follow to join the elite.)

As far as racewalkers go, Hatem Ghoula is fast becoming one of a kind. The received wisdom is that the best in the world hunt in packs. Mexico, Russian, and China all have strong traditions in group training. The Tunisian not only fends for himself, he has no coach, no sponsor, no physio, and claims his federation largely allows him to do what he wants.

“My coach died two years ago, so I look after myself. I was offered another coach by the Tunisian federation, but there was no one that I rated. I am 33 you see, and not deemed young enough to be of interest to the powers that be,” he said ruefully.

Maybe those powers will no give Ghoula a bit more attention after a splendid fourth in the World Racewalking Cup 20 Km in La Coruna. For 18 km he was with in a should of a medal, but was forced to give way to the great Jefferson Perez and the Chinese Yuecheng Chan as the pace took its toll.

However, Ghoula’s moment of glory came when he rallied in the closing 200 meters to power past Commonwealth gold medalist Nathan Deakes and claim a brave spot just outside the medals. “I have a best of 1:19:02, which is the African record, but I have to be honest with you, I have qualities, but sometimes it is hard for me to focus mentally and convince myself I can go all the way and really push it,” is Ghoula’s honest self assessment.

That's the trouble with training on your own. Three hours on a lonely trail gives you too much time to think, and Ghoulia has done a lot thinking since he converted to the sport for a joke. He gave it a go for a lap of the track just to please his uncle as a 19-year-old, and discovered he was a better walker than he had been a runner.

Four World Cup appearances have shown he made the right choice, even if he has often been the lone Tunisian at the opening ceremony. He said: "I pay for everything myself, and I do 220 Km a week including specific speed sessions as well as altitude conditioning at Fort Romeu and Ifrance in Morocco, where Hicham El Guerrouj also trains."

It was also a rarified atmosphere for Ghoulia in Spain, but he admits the oxygen of his best ever finish has boosted his fragile confidence. He said: "I want a place on the podium for the Olympics. I am a bit disappointed in not getting a medal in La Coruna, but I still have hopes." Perhaps the moral is that all good things come to those who wait, even if the waiting is done on one's own.

Berrett "To Improve" At His Record Seventh World Cup!

(This IAAF release was dated Saturday, May 13, prior to the World Cup in La Coruna. The term "record" in the headline is never defined, but we must note that Dan O'Connor competed in nine consecutive World Cups for the U.S., beginning in 1977. Whether anyone else can match that, I am not sure.)

Tim Berrett goes for his seventh World Cup racewalk in La Coruna tomorrow morning, but that's not the Canadian racewalker's ultimate goal! The 41-year-old, originally from Tonbridge in England, hopes he will eclipse the longevity of Jan Zelezny's record eight World Championship appearances when the 50 Km walker toes the line in Osaka next year. *(Zelezny is a javelin thrower.)* If he makes Beijing two years on, it will be the former British junior record holder's fifth Olympics as well.

Nobody in the Spanish port has been to as many majors as Berrett, and when you take into account his two Commonwealth bronzes, the big question is why he still bothers when his original challenges are watching from the roadside?

"To improve" is the short answer. It's because he can is the hidden truth. One of the Canadian's delights on seeing the flat, scenic course for the World Cup was the fact there was a children's playground slap bang in the middle of the 2 Km loop. It means Berrett's two young children will be able to frolic on the slides when watching Dad loses its appeal after a few of the 25 circuits. Berrett's training regime is just as meticulously planned.

A minute after he drops the children off at the sports center close to his home in Edmonton in the middle of the Canadian winter, he is on a treadmill in an adjacent gym for two hours. Two minutes after he steps off, he picks the infants up. His wife Tara also gave up her life as a Canadian hockey international to help keep Berrett on the road. He admits his work as a freelance research analyst has also allowed him to remain a professional racewalker for 20 years.

He said: "I'll keep going as long as I can live with the world's best fields, and it helps that my work kind of fits around it." It's always been a standing joke between his friends that the much-traveled athlete from Tonbridge has never had a 'proper job'—but there again, it says much he's come back time and again for more four-hour slogs.

At the 1997 World Cup in Poděbrady, he crossed the line in 3:46:52—a Canadian record. A minute later, he was told by the Chief Judge his disqualification had rendered the 31-mile plus journey pointless. There are some who have packed in the sport straight

after—but not Berrett. In fact, it was another three years before he set his 20 Km best—1:21:40, and another seven before he crossed the line in the 2004 IAAF Challenge at Tijuana in 3:50:20.

What about full circle for the 2012 Olympics when Berrett will be back on original soil at the ripe old age of 47?

LOOKING BACK

40 Years Ago (From the August 1966 ORW)—In the National 40 Km in Long Branch, N.J., Ron Laird prevailed in 3:31:14, some 7 minutes ahead of Ron Kulik. Jim Clinton was third, and then came youngsters Bob Kitchen and Steve Rebman. . . Chris McCarthy came briefly out of retirement in Chicago to take second to Bob Gray in a 15 Km race in 1:23:01, nearly matching the pace he had carried for 50 Km in the Tokyo Olympics two years earlier.

35 Years Ago (From the August 1971 ORW)—Larry Young and Goetz Klopfer captured gold medals at the Pan American Games in Cali, Columbia. Goetz upset teammate Tom Dooley at 20, 1:37:30 to 1:38:16 (high altitude). At 50, Young watched a huge lead dissolve to 10 yards with 1 ½ miles to go and then rallied to edge Mexico's Gabriel Hernandez, 4:38:31 to 4:38:46. Larry needed 61 minutes over the last 10 as the heat and altitude took its toll. John Knifton was third in 4:41:15. . . Soviet Nikolai Smaga captured the European 20 Km title in 1:27:20, covering the final 5 in 21:30. Gerhard Sperling, East Germany, Paul Nihill, Great Britain, and Peter Frenkel, East Germany were also under 1:28. A Soviet walker also won the 50, Veniamin Soldatenko upsetting Christoph Hohne, East Germany, 4:02:22 to 4:04:45. Peter Selzer, East Germany, was third. . . The Paris-to-Strasbourg 525 Km race went to Luxmoobug's Jose Simon in 73:10.

30 Years Ago (From the August 1976 ORW)—Steve DiBernardo battled torrential rains to win the National 40 Km in Long Branch in 3:35:26. John Knifton was 2 minutes behind followed by Ray Floriani, Vincent O'Sullivan, and Alan Price. . . Larry Young prevailed in the National 50 Km in Columbia, Missouri, in 4:11:08. Augie Hirt caught Dan O'Connor in the late stages for second in 4:19:44, with O'Connor hanging on for third (4:23:13), 2:20 ahead of Floyd Godwin. . . Sweden's Margareta Simu won the women's International 5 Km in Copenhagen in 24:48.2. England's Marain Fawkes was second and Norway's Thorild Gylder third. The Ohio TC's Laurie Tucholski was the first U.S. finisher in 11th with 25:59.6. Sweden's Siv Gustavsson won the 10 Km in 50:50 with Susan Liers fourth for the U.S. . . Todd Scully set the pace for nearly 15 Km, but Soviet ace Vladimir Golubnichiy and Otto Bartsch finished one-two in the US-USSR dual meet. The Soviet pair had 1:30:41 and Scully finished in 1:31:22, just 2 seconds ahead of Ron Laird. . . The Capitol Racewalkers, led by Steve DiBernardo and Carl Schueler, covered 155 miles 1181 yards in a 24-hour relay at Ft. Meade. The 7 team members alternated miles, with DiBernardo averaging 7:30.2 and Schueler 7:55 for their 24 stints. (We now know that Carl was eventually able to carry a faster pace than that for 31 plus miles on several occasions, with no rest between the miles.) They were just 6 ½ minutes off the listed record for the event, set by a 9-person Colorado TC team. . . In Ohio, a young Steve Pecinovsky beat your aging editor (then 41) 3 weeks in a row, 50:09 to 50:18 for 10 Km, 50:45 to 51:50 for 6 miles (obviously one course or the other, or perhaps, both was not completely accurate, and 1:19:10 to 1:19:34 for 15 Km. (Laurie Tucholski had a fine 51:35 for the 10 Km.)

25 Years Ago (From the August 1981 ORW)—Todd Scully captured the 20 Km race at the National Sports Festival in 1:29:13 and Vincent O'Sullivan took the 50 in 4:28:58. Marco Evoniuk had a 1:29:50 in the 20, but was DQ'd. Dan O'Connor (1:30:12) and Jim Heiring (1:31:28) followed Scully. Wayne Glusker, Steve Pecinovsky, Bob Rosencrantz, and Steve Vaitones were all under 4:45 in the 50. . . Tim Lewis had three good races in England while travelling with the U.S. junior team—21:47 for 5 Km and 44:12 and 45:33 for 10 Km. . . 1980 Olympic gold medalist Mauricio Damilano won the Alongi Memorial 20 Km in Dearborn, Michigan with 1:25:41. Marco Evoniuk was second in 1:26:40. . . Alan Price won the second annual Doc Blackburn 75 Km in Springfield, Ohio in 7:39:51. Jack Blackburn was second in 8:22:11..

20 Years Ago (From the August 1986 ORW) —In Potsdam, E.G., Ronald Weigel bettered his own world best (road) for 50 Km with a 3:38:17. Hartwig Gauder was nearly 9 minutes back in second. Maurizio Damilano, making a rare 50 Km appearance, was fifth. An accompanying women's 10 Km went to Sweden's Monica Gunnarsson in 46:05. East Germany's Ralf Kowalksy won the 20 in 1:20:31 and East Germany easily beat Italy, Sweden, Spain, France, and Great Britain in this International match. . . Kerry Saxby won the Goodwill Games 10 Km in Moscow with a 45:39. The 20 went to the Soviet Union's Aleksey Pershin in 1:29:29, with Canada's Guillaume Leblanc just 28 seconds back in fourth. . . Australia's Simon Baker won the Commonwealth Games 30 Km in 2:07:47 with Leblanc second in 2:08:38.

15 Years Ago (From the August 1991 ORW)—Damilano was still going strong as he pulled away from Mikhail Schennikov to successfully defend his World Championship at 20 Km in Tokyo. He had a personal best 1:19:37 despite the pair having to dodge runners and starting blocks as they entered the stadium (With some poor communication, officials were setting up for the 100 meter dash.) Schennikov got through quickest and went 100 meters down the track to what he thought was victory. But, they still had a lap to cover and Damilano pulled easily away. The women's 10 Km went to Russia's Alina Ivanova in 42:57, 16 seconds ahead of Sweden's Madelein Svensson and Finland's Sari Essayah. (The 50 Km was being held as we went to press so you will have to wait for our September issue for that overcome, as did readers back then.) . . . U.S. Olympic Festival winners were Debbi Lawrence in 45:28.4, Allen James in 1:26:24, and Bob Briggs in 4:19:24. Victoria Herazo (46:38) and Michelle Rohl (47:25) followed Lawrence; Gary Morgan (1:26:57) and Andrzej Chylinski (1:27:4) followed James; and Dan O'Connor (4:25:30) and Paul Malek (4:27:46) followed Briggs. . . Pan American Games titles went to Columbia's Hector Moreno (1:24:58) and Mexico's Carlos Mercenario (4:03:39). Tim Lewis was seventh in the 20 with 1:31:07. (The women's 10 Km results had not yet made it out of Havana.)

10 Years Ago (From the August 1996 ORW)—In the Atlanta Olympics, Jefferson Perez won Ecuador's first-ever Olympic gold in the 20. He got away from Russia's Ilya Markov in the final 400 meters to win in 1:20:07. Markov had 1:20:16 is second and Mexico's Bernardo Segura came third in 1:20:23. Curt Clausen, nursing an injured hamstring, was 50th in 1:32:11. In the women's 10, Russian Yelena Nikolayeva was an easy winner in 41:49, 23 seconds ahead of Italy's Elisabetta Perrone and China's Yan Wang. Michelle Rohl finished 14th in 44:29 and Debbi Lawrence was 20th in 45:32. Robert Korzeniewski started his domination of the 50 opening up a tight race with 8 km to go and winning in 3:43:30. Mikhail Schennikov moved from fourth on the final 2 Km lap and closed on Korzeniewski, but could never get in touch. He finished second in 3:43:36. Third went to Spain's Valentin Massana

in 3:44:19. Allen James was 24th in 4:01:18 and Andrzej Chylinski 26th in 4:03:13 for the U.S.

5 Years Ago (From the August 2001 ORW)—In the World Championships, Robert Korzeniewski rolled on, beating Spain's Jesus Garcia by 61 seconds to win the 50 in 3:42:08. Mexico's Edgar Hernandez was third in 3:46:12. Curt Clausen was seventh in 3:50:46, backing up his bronze medal in 1999. The 20 was a Russian sweep—Roman Rassakov 1:20:31, Ilya Markov 1:20:33, and Viktor Burayev 1:20:36. Australia's Nathan Deakes was fourth in 1:20:55. Olimpiada Ivanova also had a 61 second margin in winning the women's 20 in 1:27:48 over Valentina Tsybulskaya of Belarus. Italy's Elisabetta Perrone was just another 7 seconds back in third. . . The U.S. 10 Km titles went to John Nunn (44:54) and Debbi Lawrence (46:48).



World Cup 20 Km, 1967. This was the fourth edition of the World Cup and the first time the U.S. competed. Seen here are Peter Fullager, Great Britain, and Ron Laird, USA. Laird soon left Fullager behind and went on to finish third behind Nikolai Smaga and Vladimir Golubnichiy, both of the Soviet Union. Smaga had 1:28:38.4 and Laird 1:29:12.5. The competition was held in Bad Saarow, East Germany.