

Seaman makes it 10 in a row; Cohen takes Women's Title

Boston, Feb. 15—At the USATF Indoor T&F Championships today, Tim Seaman strode to his tenth straight 5 Km walk title. His winning time of 19:24 is his third fastest, bettered only last year and in 2003. He has never failed to break 20 minutes in those 10 wins, his slowest being 19:56.41 in 2005. Kevin Eastler took a good crack at ending the string of victories, but at the finish was 6 seconds behind. Matt Boyles had a great race as he too went under 20 minutes in finishing third (19:56) *(Note. These times may not be completely accurate. My computer is not connected to the internet right now thanks to Roadrunners' upgraded modem not functioning and their backlog of repair calls—it's Sunday night and they say they can get out on Friday.) So, I had to call good friend Chuck Newell and have him read the results to me. It seems some of the times had question marks or indications of proximity. So, next month, we will get some details and accurate results.)*

In the women's 3 Km race, Joanne Dow, seeking to defend her title and win for the sixth time, was disqualified. (I don't recall that happening before.) With Dow out, Sam Cohen swept to the title, beating the rapidly improving Lauren Forgues by 4 second with her 13:51.28. Loretta Schuellein was third and Tina Peters fourth. The apparently unofficial results:

Men's 5 Km—1. Tim Seaman, NYAC 19:24. 2. Kevin Eastler, US AIR Force 129:30 3. Matt Boyles, Miami Valley TC 19:56 4. Mike Kasmierczak, Rhode Island U. 23:03 5. Zac Pollinger, N.J. Striders 23:20

Women—1. Sam Cohen, Parkside AC 13:51.29 2. Lauren Forgues, un. 13:55.0 3. Loretta Schuellein, Walk USA 14:14.55 4. Tina Peters, Goshen College 14:31.68 DQ—Joanne Dow.

Another Swift 50

Rosignano Solvay, Italy, Feb. 12—It didn't take long for a challenge to Nathan Deakes' December world record performance at 50 Km. Walking in the Italian Championship today, Alex Schwarzer, a surprise World Championship bronze medalist in 2005, shattered his personal best as he won in 3:36:04, just 17 seconds behind Deakes' mark and just 2 seconds behind Robert Korzeniowski's former World Record. Obviously, this was a national record for the 22-year old, who pretty much lost last season to a virus infection incurred during April training in Peru. His previous best was the 3:41:54 he walked for his World bronze.

From the small village of Calice in Northern Italy, Schwarzer is coached by Sandro Damilano and trains with 2006 European women's bronze medalist Elisa Rigaud. He competes for the military club Carabinieri Bologna and trains in the Italian training center for walkers in Saluzzo. "Everything went well this winter. I knew that I was in very good form and I could break the world record. If I had raced against a more competitive field, I could

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 Street, Columbus, OH 43202. E-mail address is: jmortlan@columbus.rr.com. Approximate deadline for submission of material is the 24th of each month.

have set the record," said Schwarzer. "It's a confidence boost for me after last year's disappointment in Gothenburg. I have great expectations for this season which features the European Walking Cup in Leamington and the World Championships in Osaka." In today's race, Alex beat runner-up Diego Cafagna by more than 19 minutes. The results:
1. Alex Schwarzer 3:36:04 2. Diego Cafagna 3:55:21 3. Alessandro Mistretta 4:02:50 4. Dario Privitera 4:03:20 5. Alessandro Garozzo 4:05:09 6. Mirco Dolci 4:16:35 7. Garziano Marotti 4:23:34 (Men's Age 55 World Record) 8. Igor Marchetti 4:43:29 (This interesting juxtaposition of names reminds me of the Soviet Union's 50 Km ace of 30 to 40 years ago, Igor Della-Rossa (six DNF, 5 DQ))

Indoor 1 Mile Titles To Seaman, Schuellein

Millrose Games and U.S. Championship 1 Mile, New York City, Feb. 2: Women—1. Loretta Schuellein, Walk USA 6:52.12 (Guest: Rachel Lavallee, Canada 7:06.34) 2. Debbie Huberty, New York AC 7:13.95 3. Lauren Forgues, Maine Race Walkers 7:15.37 4. Tina Peters, Goshen College 7:18.30 5. Jenna Monahan, Walk USA 7:38.30 6. Jamie Swietzer, Mansfield U. 7:45.25 7. Lorraine Morgan, Walk USA 7:45.63 8. Kate Dickinson, Maine RW 7:56.65 9. Susan Randall, Miami Valley TC 8:00.44 11. Erin Taylor, New York City 8:01.85 12. Emilija Vaskyte, un. 8:12.47
Men—1. Tim Seaman, New York AC 5:51.18 2. Matt Boyles, Miami Valley TC 6:03.900 3. Ricardo Vergara, South Texas WC 6:29.70 4. Roberto Vergara, STWC 6:30.61 5. Zac Pollinger, New Jersey Striders 6:35.66 6. Michael Kazmierczak, Rhode Island U. 6:36.91 7. Richard Luettchau, Stockton College 6:46.94 8. Leonidas Romero, Park RW 6:53.88 (Guest: Peter Muldoon, Ireland 7:04.20) 10. Dave McGovern, un. 7:06.96 11. Michael Boucher, Maine RW 7:13.95 (The first Millrose Mile was held in 1915 and was won by Ed Renz in 6:45.2. It was next held in 1923 when Willie Plant went 6:32.6. It was then contested sporadically (and sometimes at longer distances) through 1937 and then not again until 1978. It has been a regular event in the program since 1987 (except 1985 when the distance was 3000 meters). Allen James won seven times and Tim Lewis five times. Tim has the two fastest times 5:41.12 in 1987 and 5:33.53 in 1988 when he set the World Record.). In 1979, Todd Scully became the first walker in history under 6 minutes with his 5:55.8 win. He also won in 1978 and 1989.

More Results

Collegiate Track Conference 3 Km, New Haven, Conn., Feb. 11: Men—1. Rich Luettchau, Richard Stockton 13:47.10 2. Michael Genauer, New Jersey IT 17:18.3 3. Anthony Walcott, C.W. Post 17:26—3 DQ Women—1. Maria Michta, C.W. Post 6:49.86 2. Jamie Sweitzer, Mansfield 7:32.51 3. Anine Stanley, Mansfield 7:39.91 4. Sarah Groat, Mansfield 8:06.5. Staphanie, St. Joseph's 9:13 6. Sarah LeFrancois, C.W. Post 10:13—2 DQ **3 k Mall Walk, Milford, Conn., Feb. 18**—1. Ginger Armstrong 18:51 2. Maryanne Daniel (40+) 19:59 3. Kara Steele (14) 19:59 (7 finishers) Men—1. Theron Kissinger 13:20 2. Bill Vayo (40+) 16:35 3. Joe Light (50+) 17:36 4. Bob Watkins (50+) 20:21 5. Gus Davis (60+) 20:38 **High School**

1500 meters, New York City, Feb. 25—1. Marissa Conroy 7:55.68 2. Kelly McCann 8:04.23 3. Dan Pin He 8:04.47 4. Yun Zhi Lu 8:12.5 5. Amy Cha 8:23 6. Jing Sh Dai 8:26 7. Amber Tsai 8:27 8. Connie Cheng 8:36 9. Swati Chandhoke 8:39 10. Hui Li Zhy 8:43 (13 finishers, 2 DQ) **½ Marathon, Orlando, Fla., Dec. 23**—1. Mario Feinstein 2:23:13 2. Juan Moscoso 2:30:32 Women—1. Edna Ramsy 2:25:25 2. Margoth Bridwell 2:37:56 **5 Km, Winter Park, Fla., Jan. 21**—1. Edgardo Rodriquez 27:04 2. Juna Moscoso 3. John Fredericks 29:47 4. Tom Forman 29:37 (?) 5. Lynn Robinson 30:27 6. Ray Jenkins 33:20 7. John Elwarner 33:21 8. Peter Bayer 33:26 (11 finishers) Women—1. Cheryl Rellinger 29:37 2. Sandra DeNoon 30:31 3. Sandy Hulst 33:51 (10 finishers) **5 Km, Winter Park, Fla., Jan. 28**—1. Cheryl Rellinger (40) (Cheryl, you're an old lady now.) 29:50 Sandra DeNoon (51) 31:20 3. Sandy Hulst (65) 33:49 (11 finishers) **Ohio and North Region USATF Indoor 3 Km, Ada, Ohio, Feb. 17:** Women—1. Tina Peters, Goshen Col. 15:11.79 2. Susan Randall, Miami Valley TC 15:19.57 3. Allison Chin (15), Miami Valley 17:51 4. Sara Peak, Cedarville U. 18:02 5. Allison Berry (13), Miami Valley 18:20 5. Joanna Genter, un. 18:32 6. Brittani Lyons, Malone Col. 19:43 Men—1. Matt Boyles, Miami Valley TC/Asics 12:35.76 2. Christoph Roachinsky (17), Germany 13:31.75 3. Chris Diaz, Malone Col. 14:31 4. Brad Sinick, Malone 15:26 5. Kelvin Shunelson, Cornerstone Baptist U. 15:30 6. Joe Carmany, Malone 15:37 7. Bill Reed (45+), Pegasus WC 15:54 8. Ed Fitch (45+), Miami Valley 16:06 9. Peter Anderson, Miami valley 16:34 10. Josh Montenero, Tiffin U. 17:04 11. Jack Shuter (65+) Buckeye Sgtriders 21:37 **Indoor 3 Km, Goshen, Ind., Feb. 9**—1. Tina Peters, Goshen Col. 14:31.6 2. Melissa Moeller (16), Ind. RW 16:46.9 3. Mercedes Mancha (16), Elgin Sharks 17:34.3 4. Allison Chin (15), Miami Valley TC 17:48.2 5. Sarah Peak, Cedarville U. 18:09 6. Staphanie Martinez (15), Elgin Sharks 19:08 Men—1. Bill Reed, Pegasus 15:49.8 2. Pete Anderson, (17), Miami Valley TC 15:52.5 3. Ricardo Moeller, Ind. RW 19:27.2 (1 DQ) **Indoor 3 Km, Columbia, Mo., Feb. 17**—1. Doug Johnson (46) 14:48.9 2. Evan Crowds (15) 14:53.91 3. Geoff Karhoff, Central Methodist U. 15:44.97 4. Gayle Johnson (58) 16:08 (But apparently was stopped one lap—200 meters—too soon) (6 finishers) **Indoor 3 Km, Kenosha, Wis., Feb. 11**—1. Sam Cohen 13:41.73 2. Le'Erin Voss (18) 15:05.26 3. Lynn Tracy (54) 16:00.46 DQ—Jolene Moore Men—1. Dave Owens (47) 17:12.10 2. Ron Winkler (56) 18:46 **Indoor 3 Km, Marshall, Mo., Jan. 27**—1. Patrick Stroupe, Central Methodist U. 13:12.26 2. Kevin Conrey 15:44.47 3. Nate Dreher, Concordia U. 15:50.04 4. Chris Tegtmeier, Concordia 16:04 5. Jon Ripke, Concordia 16:14 6. Thiago Ferreira, Valley 16:24 7. Geoff Karhoff, Central Methodist 16:30 8. Chris Dehning, Concordia 17:07 8. Tom Stolee, Concordia 17:16 Women—1. Gayle Johnson 16:41.43 **5 Km, Denver, Jan. 18**—1. Daryl Meyers (64) 32:32 2. Jerry Wischmeyer (65) 33:07 3. Rob McGuire (64) **10 Mile, Pasadena, Cal., Jan. 21**—1. Pedro Santoni (49) 1:35:34 2. Rick Campbell (60) 1:43:21 3. Mario Lopez (49) 1:43:59 4. Bob Nyman (68) 1:50:33 5. Carol Bertino (59) 1:52:14 (10 finishers) **5 Km, same place**—1. Joe Nieroski (44) 24:56 2. Yoko Eichel (59) 19:08 3. Donna Cunningham (60) 29:20 4. Alan Ede (67) 30:17 5. Wayne Wurzbarger (65) 30:35 6. Ray Billig (49) 30:38 7. Alekdandr Kazaryan (52) 30:58 8. Janet Robinson (65) 31:32 9. Jolene Steigerwalt (63) 31:55 10. Sylvia Ellis (59) 32:14 11. Carl Acosta (72) 32:40 (30 finishers) **10 Km, Paramount, Cal., Jan. 13**—1. Pedro Santoni 55:41 2. Rick Campbell 58:02 3. Mario Lopez 61:48 4. Alan Ede 63:27 5. Aleksandr Kazaryan 64:03 6. Wayne Wurzbarger 64:49 7. Jim Pascmatt 65:51 8. Bob Nyman 65:52 9. Carl Acosta 65:56 10. Patrick Bivona 66:44 ((19 Finishers)) Women—1. Yoko Eichel 60:35 2. Donna Cunningham 62:10 3. Carol Bertino 65:04 4. Karen Byrne 69:06 (18 finishers) **2.8 Miles, Seattle, Jan. 13**—1. Bob Novak (57) 27:11 2. Stan Chraminski (59) 27:35 (including stop to retie shoe) 3. Richard Zerbe (67) 30:07 (7 finishers) **Victorian 5 Km Championships, Melbourne, Aust., Feb. 24**—1. Luke Adams 18:59.43 2.

Chris Erickson 19:40.27 3. Duane Cousins 20:24.99 4. Thomas Barnes 20:37 5. Frank Bertei 22:04 6. Stuart Kollmorgen 22:52 Under 20-1. Kyle Bryant 22:11.50 2. Rhydian Cowley 22:20.81 Women-1. Megan Szirom 22:20.90 2. Tyne Boddy 25:31 Under 20-1. Jessica Rothwell 23:26 **Junior 25 Km, Rosignano Solvay, Italy, Feb. 11-1.** Matteo Guipponi 1:53:07 2. Andrea Adragna 1:58:37 **Women's 15 Km, same place-1.** Rossella Giordano 1:06:54 2. Emanuel Perilli 1:10:50 3. Lidia Mongelli 1:11:54 4. Francesca Balloni 1:13:01 5. Valentina Trapletti 1:14:11 6. Valentina Garofalo 1:14:34 **Junior Women's 15 Km, same place-1.** Federica Ferraro 1:14:17 **Under 20 10 Km, Hobart, Australia, Feb. 10-1.** Daniel Coleman 44:55.91 2. Kyle Bryant 45:12.22 **Women's Under 20 10 Km, Same Place-1.** Tanya Holiday 48:56.51 2. Jessica Rothwell 49:29.10 **Women's Indoor 3 Km, Nenagh, Ireland, Jan. 14-1.** Gillian O'Sullivan 12:32.04 2. Olive Laughnane 12:35.30 3. Zuzanna Malikove, Slovakia 12:37.84 4. Anne Loughnane 13:29.96 **Men's 3 Km, same place-1.** Jamie Costin 11:51.88 2. John Egan 13:02.34 **German Indoor 5 Km, Leipzig, Feb. 17-1.** Andre Hohne 19:28.83 2. Jan Albrecht 19:50.77 3. Hannes Tonat 20:11.14 **German Women's Indoor 3 Km, Leipzig, Feb. 17-1.** Melanie Seeger 12:03.94 2. Sabine Zimmer 12:12.23 3. Ulrike Sischka 13:49.86 **Polish Indoor 5 Km, Spada, Feb. 17-1.** Grzegorz Sudol 19:32.79 2. Rafal Augustyn 19:42.12 3. Rafal Fedaczynski 20:08.99 **Polish Women's Indoor 3 Km, Sapda, Feb. 17-1.** Katarzyna Kwoka 13:14.69 2. Paulina Buziak 13:19.82 3. Anna Mieciarek 13:23.53 **Finnish Indoor, Rovaniemi, Feb. 17-1.** Antti Kampas 10:26.52 2. Timo Viljanen 22:57 **Finnish Women's Indoor 3 Km, Feb. 17-1.** Outi Sillanpaa 14:28.77 **French Indoor 5 Km, Aubiere, Feb. 17-1.** Herve Davauz 10:08.73 2. Franck Delree 20:31.85 3. Sebastien Biche 20:40.74 (13 finishers) **French Women's Indoor 3 Km, Aubiere, Feb. 17-1.** Sylwia Korzeniowski, Poland 12:27.36 2. Christine Guinaudeau 13:33.70 3. Fabienne Chanfréu 13:36.78 (9 finishers, 1 DQ, 3 DNF)

A Menu For You Racewalking Delights

Fri. March 2 Indoor 3 Km, Kenosha, Wis. (F)
Indoor 3 Km Louisville, Kentucky (E)
Sat. March 3 Henry Laskau 5 Km, Coconut Creek, FL (N)
Sun. March 4 Los Angeles Marathon (R)
New Jersey Indoor 3 Km, Jersey City (A)
Fri. March 9 NAIA (Collegiate) National Indoor 3 Km, Johnson City, Tenn.
Sat. March 10 Nike Indoor High School Nationals 1 Mile, Townsend, Maryland
2.8 Miles, Seattle, 9 am (C)
Sun. March 11 5 Km, Palo Alto, Cal., 8:30 am (J)
National Scholastic Indoor National 1 Mile, New York City
7 Km and 2 Km, Denver 10 am (H)
Minn. Indoor 1500 meter and 3 Km, Minneapolis (I)
Sat. March 17 **Pan Am Cup Trials, 10 Km Men, 20 Km Women, Jr. And Sr., Miami, Fla.(D)**
5 Km, Brush, Col. (H)
Sun. March 18 5 and 20 Km, Huntington Beach, Cal., 7 am (R)
5 Km, Denver, 9 am (H)
Eastern Regional 1 Mile, New Haven, Conn. (K)
1 Mile, Houston, Texas (L)
5 Km, Albuquerque, N.M. (T)
Sat. March 24 5 Km, Kentfield, Cal., 8 am (P)

1 Mile, Houston (CC)
Sun. March 25 **National USATF Masters Indoor 3 Km, Boston (D)**
Sat. March 31 Women's 3 Km, Men's 5 Km, Cedarville, Ohio (M)
Women's 3 Km, Men's 5 Km, Goshen, Ind. (Q)
Sun. April 1 Paul Smith Memorial 1 Hour, Kentfield, Cal., 9 am (P)
Mt. SAC Relays 5 and 10 Km, Walnut, Cal. (R)
Sun. April 8 5, 10, and 20 Km, Kenosha, Wis. (F)
Sat. April 14 10 Km, Seattle (C)
Minn. 5 Km, Minneapolis (I)
Sun. April 15 Frank Quilantang Memorial 5 Km, Fair Oaks, Cal. (J)
Florida 10 Km, Orlando (B)
Sat. April 21 American Mideast Conference Championships (M)
Sun. April 22 15 Km, Surprise, Arizona (V)
5 and 10 Km and ½ Marathon, Albuquerque, N.M. (T)
Sat. April 28 Penn Relays 10 Km, Philadelphia (W)
Michigan 5 Km, Kalamazoo (Z)
Sun. April 29 Indiana 5 Km (AA)
Sat. May 5 3 and 5 Km, Sioux Falls, S.D. (BB)
Florida * Km, Cocontu Creek (N)
Sun. May 6 5 Km, Kentfield, Cal. 8 am (P)
10 Km, Albuquerque, N.M. (T)
North Region 20 Km, Jack Mortland 5, 10, and 20 Km, Dayton, Ohio (M)
3 Km Women, 5 Km Men, Cedarville, Ohio (M)
Fri. May 11 2.8 Miles, Seattle, 9 am ©)
Sat. May 12 Minnesota 20 Km (also 5 and 10), Minneapolis (I)

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From Heel To Toe

A boost for racewalking. USA Racewalk Committee Chair Vince Peters learned in a conversation with Lionel A. Leach, the new YUSA Youth Athletics Track & Field Committee Chair that the Youth Committee has inserted the racewalk back into the USA Zonal Championship, starting with the Eastern Zonal this year. The event will be in all of the Zonal meets commencing in 2008. The indoor distance will be 1500 meters for the Bantam, Midget, and Youth age groups. The two committee chairs will have additional conversations in the near future about promoting racewalking within the Youth Committee, including conduct of clinics for athletes and coaches. The Eastern Zonal meet is scheduled for March 3 at the Jersey City Armory in Jersey City, N.J. . . .

Deakes Efforts Earn Prestigious Award

(Following up on our report on Nathan Deakes world record 50 Km effort in December, we can now report on a significant award that came his way as a result of that effort. The following article appeared in the Geelong Sports on Feb. 23.)

By Jason Shields

Geelong's Nathan Deakes' feet remain firmly on the ground (*Ed. We certainly hope so*) despite walking away with one of Australia's sport's most prestigious awards this week. The champion walker stepped into Australian sporting immortality when he was named the 2006 Male Athlete of the Year in a glittering ceremony at Crown Palladium on Wednesday night. His name now sits alongside sporting greats like Ian Thorpe, Lleyton Hewitt, Greg Norman, Michael Klim, and Allan Border, who have previously captured the highly sought-after award. "It was big surprise," Deakes said yesterday. "I was honored to be nominated in the first place, but to actually hear my name called out was something I will cherish regardless of what I do with the rest of my career." Deakes, who broke the world 50 Km racewalking record in Geelong late last year, defeated a formidable group of nominees, including cyclist Cadel Evans, triathlete Brad Kahlefeldt, world No. 3 golfer Adam Scott, and fellow Geelong athlete Craig Mottram.

"Not only is this a fantastic personal achievement, but an incredible acknowledgment for racewalking, which is often misrepresented and misunderstood," Deakes said. "The world record was a great way to finish 2006 and this is a dream start to 2007. But it is important for me to perform at the World Championships in Osaka in August and my sole focus is upon being crowned World Champion."

Deakes, 29, is still undecided as to whether he will race in the national T&F Championships in Brisbane on March 11 due to a niggling injury. He will, however, head off to

his European base in Lucca, Italy in late March to continue his Osaka preparations.

His first IAAF Challenge race will be Rio Maior, Portugal in early April. "There is a lot of room for improvement," he said. "Even in my world record walk, I dropped off over the last eight kilometers, so I could have taken a large chunk out of it. If I can get to the start line in the best shape possible, I will be very hard to beat in August. I will be going in as favorite, so I would be disappointed to not come away with the gold medal."

Deakes said he also hoped to shave more time off his record and add the 20 Km world record to his growing list of sporting achievements.

* * * * *

For a little more on what makes this great athlete tick, here are some excerpts for an IAAF release by Steve Landells written 10 days following the record effort.

Deakes was also fortunate he came under the wing of Ron Weige, the former World 50 Km Champion from East Germany (*Ed. See Jan. ORW for more on Weigel*). Weigel was then Australian National Coach and was a huge influence on Deakes' career right through to the 2004 Athens Olympics. "Ron. . . set down a great foundation for me," admitted Deakes of the German's impact.

Weigel left Australia to return to his native Germany after the Athens Games and for the past 12 months Deakes has been coached by highly rated Craig Hilliard—the man who has developed a clutch of Australia's finest athletes, including former Olympic silver medalist long jumper Jai Taurima and two-time Commonwealth heptathlon champion Jane Flemming.

"Craig has been fantastic," said Deakes. "He often plays the devil's advocate and makes sure I do not do too much. He has also really helped in terms of developing the technical aspects and I think that shows in that I have not been given a warning or a caution all year."

Based at the Australian Institute of Sport in Canberra, the law and personal finance and banking student regularly clocks up a grueling weekly training load of between 220 and 240 Km a week—and has on occasion reached a staggering maximum of 300 km. The morning session will include a walk of anywhere between 15 to 45 km, while his training later in the day will be a recovery run.

But although he runs 60 to 70 Km a week, he is not sure whether this is the norm among top walkers. "I really don't know," he said of whether running was the regular training element for the world's elite walkers. "For me, it's good having a bit of balance rather than walking all the time."

Deakes will concentrate his efforts on the World Championships in Osaka before the 2008 Beijing Olympics confident in the belief his best is yet to come. "I have been preparing more for the 50 Km race but I will definitely do the double in Osaka," said Deakes. "I also have the fourth fastest time ever for the 20 Km and the aim is to do well and win a medal in both events, if not win both if things go smoothly."

* * * * *

With his debut performance at 50 Km in January resulting in victory and an impressive time for a first outing, Kevin Eastler has stamped himself as today's top U.S. walker. He is primed to stride in the footsteps of Allen James (early to mid '90s) and Curt Clausen (late '90s to mid '00s) as a dominant walker regardless of distance. The following article is from a main daily, the Sun Journal, in the Dec. 5, 2006 edition as Kevin looked toward that first 50.)

Eastler Named U.S. Best

By Kalle Oakes

Kevin Eastler was on the verge of retirement. Now he's a can't miss Olympic prospect—again. Two years after realizing his childhood dream of competing in the Summer Games, Eastler, 29, suddenly shows no signs of hanging up the sneakers that his 100-mile-a-week training regimen forces him to replace twice a month.

The Farmington native recently reclaimed his title as America's top racewalker. Eastler was named the Capt. Ron Zinn Memorial Racewalker of the Year. Eastler, a graduate of Mt. Blue High School and the U.S. Air Force Academy, also won the honor in 2003. He backed it up the next summer by finishing 21st in the Olympic 20 Km race in Athens.

"It's a great honor. Basically, it says you're the best racewalker in the country," Eastler said. "I'm happy to receive it." Zinn was the top U.S. racewalker in the early 1960s. He placed sixth in the 1964 Tokyo Games before serving in Vietnam, where he died in July 1965. "He sacrificed his life for his country even though he was an extremely talented athlete," Eastler said. "It means a lot that the award is named after him."

With a record-smashing year under his belt and the national 50 Km championships looming next month, Eastler is back on target to continue juggling his own military career with his training for the 2008 Olympiad in Beijing.

Eastler is an Air Force Captain and member of the 566th Information Operations Squadron. He works in the aerospace data facility at Buckley Air Force Base and lives with his wife and 2-year-old daughter in Aurora, Colorado. "I wasn't sure that I was going to continue competing at this level," Eastler said. "The unit that I'm in now has been very supportive. My commander at the time I was making the decision (to come back) was also a track athlete. He and a few of my teammates talked me back into training."

Nine months away from the sport renewed Eastler's energy and fueled one of the finest seasons of his career. Eastler christened 2006 with a national record in the 30 Km. He scorched the standard by more than a minute, completing the course in Chula Vista, Cal. In 2:12:53.

Two more National titles followed. Eastler took home the 20 Km championship in June and the 1 Hour crown in October. He also became the first American racewalker ever selected International Association of Athletic Federations Athlete of the Month for his 30 Km effort.

Repeat Olympic aspirations will receive an endurance test when Eastler heads back to Chula Vista for the National 50 Km in January. He returned home Sunday after a 10-day training stint in Germany. "I finished my longest workout ever at 40 Km," Eastler said. "This is my first 50 Km. My training is going well. I feel like I'm well prepared. It's a lot different. You have to go out more conservatively and hopefully maintain that pace throughout the race."

Olympic racewalking distances are 20 and 50 Km. The distance of Eastler's upcoming race is roughly equivalent to 5 miles longer than a marathon. His goal is to cross the wire underneath the IAAF Olympic qualifying plateau of 4 hours.

"That standard would be good for 2 years," said Eastler. "I would still have to go to the Olympic Trials and finish (*Ed. Unless there should be three others who make the standard, then it would be a race for the three spots.*). We'll have to see how it goes. There is always the possibility that it will be horrible and I won't want to do another 50 Km race in my life." (*Ed. again. Which was reportedly how he reacted immediately after the race. But such gut reactions often change with time and reflection—and a determined attitude of "Hey, I can do better than that."*)

Eastler beat the Olympic A standard in the 20 this year. He hopes to repeat that feat in 2007 and provisionally qualify for Beijing at the shorter distance, although Eastler said he would probably choose one Olympic event instead of competing in both.

Racewalking is perhaps the least publicized and most misunderstood of all Olympic track and field events. When recognized, it is usually because of the awkward stride required of its competitors. (*Ed. Yet again. I certainly take issue with the adjective 'awkward'.*) It is both physically and mentally taxing, however. Eastler, who took up the sport when he was 9, averaged less than 7 minutes per mile at this year's 20 Km national championship.

Eastler won't turn 30 until October. That age bracket is considered prime time in the sport. "There are younger exceptions, but for a racewalker or marathoner, late 20s and early 30s are when your endurance is at its peak," he said. "I definitely feel my endurance increasing from year to year."

Enough to reach the podium in Beijing? Time will tell. "I finished 21st in Athens, which might not sound great to most people, but I knew it was a good performance. So I sort of checked off that box in my mind as far as my goals in life," Eastler said. "What I didn't want to do was come back and put in a half-hearted effort just to make the team. I want to make the team and have a chance to win a medal. I was satisfied with my performance in Athens, but I feel like I can do better."

* * * * *

Speaking of Allen James, he retired after the 1997 indoor season with 14 national titles, including four at 20 (1992 through 1995) and three at 50 (1994 through 1996). He competed in two Olympics, two World Championships, and three World Cups. His best times were 1:24:27 and 3:55:30. Now at age 42 training lightly and racing sporadically, he has been under 1:34 for 20 the past two years and did a 1:36:04 in January in Chula Vista. A nice article on Allen appeared in the October 22, 2006 Buffalo News.)

He Walked His Way to the Olympics

by Thomas J. Prohaska

Allen James is best known locally as the Director of Marketing and Special Events for the Niagara Frontier State Parks. But fewer people know that the Sanborn resident represented the U.S. at two Olympics as the nation's top contender in racewalking. The USA T&F website declares him "America's most dominant racewalker in the '90s."

James heel-toed his way to All-American status while competing at Western Washington University. He ran—er, walked—30th in the 20 Km racewalk in Barcelona in 1992 and came in 24th in the 50 in Atlanta in 1996.

James' highest international finish was 17th (1:26:53) in the 20 Km at 1993 World Championships. He's also competed in Mexico, Russia, China, and Argentina. In addition to his four national titles at 20 and three at 50, he also had three titles in the Indoor 5 Km.

He retired from competitive walking after an unbeaten indoor season in 1997 and competes only occasionally now, but he still can be seen walking through the Niagara Falls State Park from time to time. He joined State Parks after working for the Empire State Games in Albany after his competitive walking career ended.

"One thing I'm really happy about is the opportunity for Niagara Falls to host the National Championships at 10 Km the first weekend in June. It had been here for years and years and years, and it left in the late '90s," James said. "It's one of the largest races in terms of participation in North America." The course will be laid out at the eastern end of Goat Island.

I asked James how did you get interested in racewalking?

"My background's a little diverse because I played soccer and I ran track (at a Seattle high school) and I was a good runner. At practice, as part of our warm-up and flexibility drills, we used to have to racewalk, and I was always the first one in. The coach wanted to score some more points at a track meet, and I ended up winning the racewalk and kept it on the side. That was my evolution from a runner to a walker. As soon as the running mileage got too high, my knees really started to feel the impact. The walking was very low-impact. It worked out fine for me.

Racewalking isn't even part of the track program in schools around here.

"It was. New York used to be the leading state for developing racewalkers because it was in the high school program for well over a decade. In about 1990, they dropped the boy's program and subsequently, there's been a tremendous loss to our sport because it's not in the New York State system. The boys don't have it at all. The State of Maine adopted racewalking into its high school program about 8 years ago, and what few to walkers we have no, many of them are coming from Maine.

Did you win a college scholarship?

We didn't have scholarships, but we had a great track team. The NAIA had racewalking in their championships then. We did a 10 K and I was an All-American four years in a row, an academic All-American, team captain for a couple years. But one of the things that really hooked me was when I went to a Junior National Championships and qualified to make a trip to Sweden as a 19-year old. That was kind of a hook for me, that I might be able to do something with this. I was 28 when I made my first Olympic team. In racewalking, not unlike marathoning, you'll see a lot of more mature athletes.

Why do racewalkers do that heel-toe thing?

According to the rules, you have to maintain contact with the ground. As one foot lands, the other one's leaving. Your leg has to be straight as it supports the body. (*Ed. Actually as it contacts the ground.*) If you get three disqualification calls and they have come from three different judges, you're removed from the race, under the rules. In the 20 Km, the most common thing is loss of contact.

Did you have to win an Olympic Trial to make the Olympic team?

I was ranked NO. 1 in the country for five years, 1991 through 1996, in either the 20 or 50. I won the Olympic Trials in '92. The only way at that time you could go to the Olympics was to win the Trial, because only one American was going to go because of the rigorous standards set by the international panel that had to be met to send more than one walker. It was an all-or-nothing type of race, and it was held in New Orleans. It was super-hot and humid day, one evening, really. It was the thrill of a lifetime to make that team in '92. That Olympics was only my third international competition. We don't get enough exposure over here, or support.

Did you do as well as you thought you could have at the Olympics?

You're kind of in awe of the spectacle. I think I had to go through a period where I learned a lot as a result of that race, what I needed to do to set up to the next level. After the Olympic experience, I spent six weeks training in Australia. There were 42 guys in the race. If I had finished in the top half of the field, I would have been pleased. It was a subpar finish. It's kind of hard to expect a whole lot when you're not given the opportunity to train like the Russians, the Chinese. There are several countries that have government-sponsored programs. When you have to work full-time and try to squeeze in training, it's really difficult.

When you competed at Atlanta, did you know that was going to be the last time for you?

I had two children by that time, and you can only support yourself like this for so long. There's a point where you have to move on and try to earn a living. Racewalking isn't going to

pay the bills. That's just a fact of life. I felt capable of continuing and making one or two more Olympic teams. I don't think that would have been out of the question. It's just a question of, are you going to accept being one of the best in the world training part time, or train full time and really go for a medal? It's the difference between being top 25 in the world or top five. You can continue to compete and be in that top 25 area, but in order to really do it successfully, you need to have that support mechanism to be able to train full-time and have the same benefits that your competitors have. If that's not happening, it's time to move on.

LOOKING BACK

45 Years Ago (From the Feb. 1953 Race Walker published by Chris McCarthy)—In the National AAU Indoor 1 Mile, Ron Zinn captured the gold in 6:36.0. Apparently finishing second was young Rimas Vaicaitis who crossed the line in 6:43 and didn't learn until he went to pick up his medal that he had received a third call late in the race handing the silver to veteran John Humcke in 6:50.2. 20-year-old Ron Daniel was third in 6:59.4 just .2 ahead of Bill Omeltchenko. A week later Zinn walked 6:27.1 to win the New York K of C Games race. . . A 15 Kilometer in Columbus went to Jack Mortland in 1:13:15, nearly 3 minutes ahead of Jack Blackburn with Jeff Loucks another minute plus back. . .

40 Years Ago (From the Feb. 1967 ORW)—Jack Blackburn won the first ever walking race in Ohio State's French Fieldhouse, a hallowed hall he had once been booted out of even though he was an ex-OSU runner (Class of '58, sixth in 1956 Olympic 10,000 meter run trial). His 6:43.6 for the mile left him well clear of Jack Mortland's 6:56.4 and Chuch Newell's 7:40. . . In Chicago, Bob Gray beat Phil McDonald three times in a row in 1 and 2 mile races. . . Ron Daniel had a 6:29.5 in New York. . . Rudy Haluza was named the recipient of the Capt. Ronald Zinn Award for 1966 as the outstanding U.S. walker.

35 Years Ago (From the Feb. 1972 ORW)—Dave Romansky won the National Indoor 1 Mile title for the third time in four years, slicing 0.6 seconds off his own Championship record with 6:13.4. Ron Laird challenged all the way, but his 6:14.6 fell just short. Not far back were Larry Walker (6:17.5), Todd Scully (6:2.04), and Ron Kulik (6:22.6). . . A week earlier, Dave had finished the Olympic Invitational 1500 meter race in a record 5:48.7, but was DQ'd. The Race went to Laird in 5:50.2, with Ron Daniel second in 5:51.5, and Kulik third in 5:53.3. . . On the West Coast, Goetz Klopfer stormed through 40 Km in 3:20.7. . . Here in Columbus and back in French fieldhouse for the OSU Invitational, your already aging editor (37) managed to outkick Phil McDonald in a 3 Mile, 22:53.8 to 22:55.6.

30 Years Ago (From the Feb. 1977 ORW)—February was Todd Scully month as the Virginia pig farmer set two American records. He won the Olympic Invitational 1500 in 5:48.6, leaving Dave Romansky and Ron Daniel way back. Two weeks later, he took the National Indoor 2 Mile title in 13:02.5, pulling away from Neal Pyke in the last half-mile. . . Rising star Jim Heiring had two fast races in Wisconsin—a 13:39 for 2 miles and 21:06 for 3 miles. . . Larry Walker walked away with the LA Times 1 Mile in 6:23.9.

25 Years Ago (From the Feb. 1982 ORW)—National Indoor titles went to Jim Heiring at 2 Miles and Sue Brodock at 1 Mile. Heiring won in 12:24.82 with Ray Sharp a distant second in 12:57.49. Todd Scully and Dan O'Connor were right behind Ray. Brodock got away from Susan Liers over the final 440 to win in 7:07.14. Liers had 7:12.02. Jeanne Bocci (7:39.05)

edged Vicki Jones for third. . . The National 100 Km in Houston was an easy win for Bob Keating, whose 11:22:23 left him nearly 45 minutes ahead of Jack Blackburn in second. . . Heiring turned in the world's fastest indoor Mile in Richfield, Ohio with a 5:47.39.

20 Years Ago (From the Feb. 1987 ORW)—In the National 15 Km in Wellington, Florida, Tim Lewis won the men's title in 1:04:35 and Debbi Lawrence topped the women in 1:13:40. Paul Wick (1:06:26) beat out Ray Sharp (1:06:39) and Paul Schwartzburg (1:06:53) for second among the men, and Lynn Weik followed Lawrence in 1:14:27. . . Lewis also had a world best in winning the U.S. Olympic Invitational 1500 meters in 5:17.17, nearly 30 seconds ahead of Jeff Salvage. . . In Boston, Lewis had the fastest mile of all time, winning in 5:42.3, with Schwartzburg second in 5:58.4. . . Carl Schueler just missed breaking 4 hours as he won the U.S. 50 Km title in 4:00:19 in Monterey, Cal. Marco Evoniuk was more than 6 minutes back and Jim Heiring took third in 4:10:35. . . Josef Prbilinec won the European indoor 5 Km title in 19:09.44. The Czech led the GDR's Ronald Weigel by about 4 seconds, with another Czech, Roman Mrazek, third. Natalia Smitrecchenkl, USSR, won the women's 3 Km title in 12:57.59, just ahead of Italy's Giuliana Salce.

15 Years Ago (From the Feb. 1992 ORW)—In indoor races, Michelle Rohl covered 3 Km in 13:05.82 to win in Johnson City, Tenn. And Debbi Lawrence had a 6:18.03 Mile in Fairfax, Vir. And a 6:21.09 in Richfield, Ohio. In the Fairfax race, Rohl was just .04 behind Debbi. . . Tim Lewis won the Millrose Mile in New York City with a 5:51.64 to Gary Morgan's 5:55.73. . . In Paramount, Cal., Allen James tore through 10 Km 42:09. . . Sweden's Madeleine Svensson did 3 Km in 12:14.01 in Paris.

10 Years Ago (From the Feb. 1997 ORW)—Andrew Hermann became the sixth U.S. walker to go under 4 hours for 50 Km as he won the National title in Palo Alto with a 3:58.54, nearly 14 minutes ahead of second place Jonathan Matthews (4:12.36). In the process he beat four of the five others to go under 4 hours—Marco Evoniuk, Carl Schueler, Andrzej Chylinski, and Herm Nelson. The other, three-time titlist Allen James, did not defend his championship. Third place went to Mark Green (4:14:20) followed by Chylinski, Evoniuk, Schueler, and Nelson, all just shadows of their former selves. . . The Italian 50 Km Championship was won by Giovanni Perricelli in 3:52:31, with two others under 4 hours. . . In New Zealand, 55-year-old Gary Little set world age group records for 3 Km (13:23.40) and 20 Km (1:39:18), and Craig Barrett blistered 3 Km in 11:21.50.

5 Years Ago (From the Feb. 2002 ORW)—Curt Claussen won his fourth U.S. 50 Km title in five years finishing in 3:58:55 to beat defender Philip Dunn, who went 1 second under the 4 hours mark. Tim Seaman was third in 4:07:43, Sean Albert fourth in 4:09:58, and Al Hepner fifth in 4:11:18. Just six weeks after knee surgery, Clausen went faster on each successive 10 Km, starting at 48:39 and walking the final 10 in 46:45. Dunn was also accelerating throughout, until he slowed a bit on the final 10. Susan Armenta was brilliant in winning the women's race. Her 4:39:40 was the fourth fastest of all time, bettered by only three Italian women. . . Seaman won the Millrose Games 1 Mile in 5:46.75, nearly 26 seconds ahead of Clausen with Jim Heys third in 6:22. . . Seaman also had an 11:52.7 for 3 Km. . . In Wisconsin, Amber Antonia covered 3 Km in 13:23.8 and Heys did 12:14.6. . . Gary Little set an age group record for 10 Km with 49:22.7 in New Zealand. . . Pedro Martins won the Portuguese 50 in 3:56:27 and his countrywoman Susana Feitor won the National 20 in 1:31:12. . . Latvia's Modris Liepins covered 100 Km in 8:48:28 in an Italian race.

2006 Indoor 5 Km List—Men

18:48.76 Ilya Markov, Russia	19:29.9 Vladimir Stankin, Russia
18:54.40 Francisco Fernandez, Spain	19:30.34 Kamil Kalka, Poland
18:04.24 Gzergorz Sudol, Poland	19:33.74 Giorgio Rubino, Italy
19:05.9 Aleksandr Yargunkin, Russia	19:34.3 Yuriy Andronov, Russia
19:23.33 Andre Hohne, Germany	19:34.79 Roman Magdziarczyk, Poland
19:12.33 Joao Vieira, Portugal	19:37.25 Jan Albrecht, Germany
19:15.88 Tim Seaman, USA	19:39.3 Georgiy Sergeyev, Russia
1920.6 Aleksandr Prokhorov, Russia	19:42.58 Gian Luca Trombetti, Italy
19:22.38 Benjamin Kucinski, Poland	19:43.42 Kevin eastler, USA
19:22.97 Ivan Kusnetsov, Russia	19:48./0 Sergey Lystsov, Russia

2000 Indoor 3 Km List—Women

11:59.64 Melanie Seeger, Germany
12:02.40 Sabine Zimmer, Germany
12:10.61 Elisa Rigaud, Italy
12:26.23 Sonata Milusauskaite, Lithuania
12:42.55 Sylwia Korseniowska, Poland
12:44.89 Joanne Dow, USA
12:48.85 Ana Cabecinha, Portugal
12:53.92 Natalya Klimashevska, Ukraine
12:57.34 Gisella Orsini, Italy
12:58.85 Christiana Pellino, Italy

2006 Outdoor 5 Km List—Men

18:40.89 Yohan Diniz, France	19:42.64 Grzegorz Sudol, Poland
18:45.19 Nathan Deakes, Australia	19:43.40 Colin Griffin, Ireland
18:55.81 Eiik Tysse, Norway	19:46.7 Serbey Chernov, Bllarus
19:01.24 Ilya Markov, Russia	19:48.33 Mario Jose dos Santos, Brazil
19:01.73 Luke Adams, Australia	19:49.87 Rafal Augustyn, Poland
19:12.27 Jared Tallent, Australia	19:53.38 Toshihito Fujinohara, Japan
19:28.71 Ivano Brugnetti, Italy	19:54.60 Michael McCagh, Australia
19:36.20 Adam Rutter, Australia	19:54.72 Jamie Costin, Ireland
19:36.38 Denis Langlois, France	19:55.05 Herve Davaux, France
19:41.1 Jose Ignacio Diaz, Spain	19:57.7 Vitaliy Talankov, Belarus

2006 Outdoor 10 Km List—Men (Track)

37:33 Erik Tysse, Norway	39:10 Jose Ignacio Diaz, Spain
38:12 Francisco Fernaneez, Spain	39:17.2t Ivano Brugnetti, Italy
38:21 Ilya Markov, Russia	39:19.46t Marco Giungi, Italy
38:46 Juan Manuel Molina	39:23 Stepan Yudin, RUSSIA
38:47.01t Aleksandr Yargunkin, Fussia	39:24 Nathan Deakes, Australia
38:48.03t Andrey Ruzavin, Russia	39:27 Geo:rgiy Sergeyev, Russia
38:54.07t Igor Yerokhin	39:27.33t Sndre Hohne, Germany

39:00 Yafei Chu, China
 39:03.00t Vladimir Stankin
 39:03 Sergey Bakulin, Russia

39:30 Viktor Burayev, Russia
 39:30 Jose Alejandro Casmbil, Spain
 39:34 Jefferson Perez, Ecuador

2006 Outdoor Junior 10 Km List (Men)

40:03 Xuezhi Zhang, China
 40:50 Chao Sun, China
 40:55 Aleksey Grigoryev, Russia
 40:56 Guosong Wu, China
 40:59 Gangjun Liu, China
 41:00 Dmitriy Shorin, Russia
 41:02 Jianguo Zxhao, China
 41:02 Chao Gao, China
 41:04 Bin Ai, China
 41:06 Dmitriy Gamzunov, Russia

41:06 Dmitri Gamzunov, Belarus
 41:09 Yong Shi, China
 41:16 Andrey Ryabushev, Russia
 41:22 Jincai Zhou, China
 41:28 Denis Bukhov, Russia
 41:32 Rui Zhang, China
 41:37 Denis Kravchuk, Belarus
 41:41 Miguel Angel Lopez, Spain
 41:43 Artem Bisjukov, Russia
 41:49 Zhiyao Geng, China

2006 Outdoor 30 Km List (Men)

2:01:13 Vladimir Kanaykin, Russia
 2:03:50 Vladimir Parvatkin, Russia
 1:05:06 Nathan Deakes, Australia
 2:05:08 Denis Nizhegorodov, Russia
 2:05:26 Chao Zhang, China
 2:05:28 Vladimir Potemin, Russia
 2:06:21 Andrey Krivov, Russia
 2:06:30 Yuriy Andronov, Russia
 2:09:35 Sergey Melentyev, Russia
 2:10:08 Xuejin Bai, China

2:10:30 Zhiyao Geng, China
 2:11:03 Vyacheslav Golovin, Russia
 2:11:16 Joao Vieira, Portugal
 2:11:29 Chaohong Yu, China
 2:11:38 Xuezhi Zhang, China
 2:12:06 Zhengyu Huang, China
 2:12:46 Matej Toth, Slovak Rep.
 2:12:53 Kevin Eastler, USA
 2:12:57 Yunpeng Du, China
 2:13:02 Chunyang Liu, China

2006 Outdoor 10 Km List (Women)

42:47 Ryta Turova, Belarus
 42:48 Kjersti Platzer, Norway
 42:53 Claudia Stef, Romania
 43:12 Olga Kaniskina, Russia
 43:12 Irina Petrova, Russia
 43:12 Lyudmila Yefimkina, Russia
 43:23 Yelena Ladanova, Russia
 43:28 Aleksandra Kudryashova, Russia
 43:38.3t Elena Ginko, Belarus
 43:39 Olimpiada Ivanova, Russia

2006 Outdoor 50 Km List (Women)

4:16:27 Jolanta Dukure, Latvia
 4:17:29 Monica Svensson, Sweden
 4:28:53 Neringa Aidietyter, Lithuania

43:44.65t Iner Henriquez, Portugal
 43:49 Vera Sololova, Russia
 43:50 Norica Cimpean, Romania
 43:53 Kristina Saltanovic, Lithuania
 43:54 Melanie Seeger, Germany
 43:58 Tatyana Kozlova, Russia
 44:00 Quiyan Jiang, China
 44:11 Tatyana Gudkova, Russia
 44:12.9t Tatsiana Metlevskaya, Bel.
 44:15 Veronica Budileanu, Romania

4:37:40 Martina Gabriella, Italy
 4:47:42 Maria Trese Marinelli, Italy
 5:02:56 Henrieta Rusnakova, Slovak Rep.
 5:07:20 Kora Bouffler, France
 5:14:56 Daniela Mancini, Italy
 5:21:31 Anne-Gaelle Retout, France
 5:22:25 Ulrike Sischka, Germany

2006 Outdoor 100 Km List—Men

9:17:06 Viktor Ginko, Belarus
 9:20:30 Zoltan Czukur, Hungary
 9:21:48 Frederik Svensson, Sweden
 9:29:36 Peter Tichy, Slovak Rep.
 9:33:11 Ugis Bruvelis, Latvia
 9:40:22 Andrey Stepanchuk, Belarus
 9:41:40 Yuriy Burban, Ukraine
 9:45:17 Andriy Kovenko, Ukraine
 9:53:49 Roberto Defendenti, Italy
 9:58:14 Fabia Ruzzier, Slovak Rep.

Whoops! A result I omitted. Rather than rearranging things, I will put it here.

Indoor 3 Km, Brighton, Mass., Feb. 18—1. Anne Favolise-Stanton 15:03.84 **2.** Christie Bernier 16:27.44 **3.** Eresa Ranucci 18:11.55 **Men—1.** Michael Kazmierczak 12:57.67 **2.** Matthew Rogrues (15) 14:56.12 **3.** Bob Keating (50 something) 15:01.76 **4.** Dave Talcott (46) 18:47 **5.** Bill harriman (59) 19:01 **6.** Charles Mansback 19:33 (1 DQ)